

# Reframe Your Emotion

## Part 1: Center – Identify what’s going on and what is important to you.

1. What is the situation? \_\_\_\_\_  
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\_\_\_\_\_
2. What is your goal for this situation? \_\_\_\_\_  
\_\_\_\_\_
3. What do your emotions want you to do? \_\_\_\_\_  
\_\_\_\_\_
4. What should you do to reach the outcome closest to your goal? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What limits are there on your actions? \_\_\_\_\_  
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6. Are there any ways around those limits which could help you achieve your goal? \_\_\_\_\_  
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## Part 2: Reframe – See how else you could view this situation.

1. What are the potential positive implications of what happened? How can you use this situation to your own advantage? \_\_\_\_\_  
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2. What does this situation tell you about what behaviors are good or bad? What are other people doing in the situation? Should you do what they did or avoid similar behavior? \_\_\_\_\_  
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3. What are the opportunities in this situation? \_\_\_\_\_  
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4. How can you improve yourself given this situation? \_\_\_\_\_  
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### Part 3: Reflect – Try to learn from the situation.

1. Why did this situation happen to begin with? \_\_\_\_\_  
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2. What was out of your own control that contributed to the situation? \_\_\_\_\_  
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\_\_\_\_\_
3. How would you have done things differently and why? What is the lesson here that will make you stronger? \_\_\_\_\_  
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4. Why didn't you act that way to begin with? \_\_\_\_\_  
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5. How can this event shape you for positive change? \_\_\_\_\_  
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6. What can you do to help prevent or avoid this situation in the future? \_\_\_\_\_  
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### Part 4: Accept

1. Now that you understand the situation more fully, is being upset worthwhile? Or will being positive help more? \_\_\_\_\_  
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2. Can you let go of your feelings, knowing that you have a plan to avoid or better handle this in the future? \_\_\_\_\_  
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