

Positive Reframing Examples	
Comment	Reframed Response
It's a problem.	It's a challenge that we can learn from. It is an opportunity.
We have already tried that.	Terrific. Now we know what doesn't seem to work. How can we approach it differently?
This has been a failure.	There are often many unsuccessful attempts needed in order to achieve success. What should we try differently?
This will set us back.	It's an experience that will help us grow. Let's try a different approach.
This didn't go as planned.	It's something that may be part of a much bigger and more important plan. How can we use this opportunity to move forward? That's okay, not everything goes as planned, but let's keep working trying.
We don't have time for that.	How can we be flexible while determining what might need to be adjusted in order to identify more time? Let's figure out a way everything can fit.
I don't see the positives.	The glass is half full - not half empty. I see the positives. Let's work together to find them.
Ignore them. They are always seeking attention.	I wonder what the child/person is trying to communicate to us that we aren't getting? What do we need to do in order to better understand them? Let's listen and share ideas.
There are too many limitations.	I don't see limits here. I see opportunities.
There is so much to learn.	We are learning everyday. I am so excited for new learning opportunities. There are many new ideas and experiences to gain perspectives from.
They are difficult people.	What makes them feel difficult to you? What are their expectations? What are your expectations? Everyone is entitled to share their opinion and I have learned better how to respond and be accepting.
Nothing ever changes.	What can I do to change? How can I affect positive change? Things will remember that things frequently change and I can be a part of different types of change.
I'm freaking out.	How else could we respond to this? I have so much going on (or so much on my mind) and I am going to work to accomplish my goals to the best of my ability.
So much is going on.	It is a sign of positive change and growth. A lot is happening and I think it is cool and I am going to embrace it and take it as an opportunity.
Life is hard.	Life is about joy and learning. It may feel like a hard day but let's embrace the challenge.
I don't understand why this happened.	This situation or experience will show you something about yourself. I am excited to learn what the lesson is. Let's look for the silver lining.

I don't feel anyone listens to me.	I will stop and evaluate why I am feeling this way. I will remember to listen to others. I will identify positive ways to communicate and express ideas.
They aren't interested in getting involved.	I wonder if they feel there are barriers that may be intimidating them from participating? How might we approach them next time? Let's respect their decision and extend an invitation to another/others.
I don't think I can do it.	You are strong and your strength will guide you. You can do it. Feeling unsure is okay; I would like to see you try because I have confidence in you.
I need help.	I am so glad you shared that. You may have everything you need right here. Let's look at your available resources. Let's seek out additional tools to help.
This first day is not going well.	Day one: So lucky to be here. What can you do to make day two better? Day one is always the hardest, let's find ways to embrace day two with an open mind and have fun too.
Decisions are always made without me.	I have confidence in the people making decisions. I am happy to learn new ways to do things. I am going to embrace this decision and learn how to apply it.
No one seems welcoming or friendly.	Amazing how much spirit and excitement is in one place. What can I do to meet new people? It's hard to figure out people from the outside, introduce yourself and get to know them.
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