

Emotional *reframing*

Try these 5 steps

01 step one EXPERIENCE	02 step two RECONNECT	03 step three BREATHE	04 step four FOCUS	05 step five GET CURIOUS
When you start to experience an unwanted emotion, particularly those that are strong, lean into them, connecting with them as much as possible.	Take time to pause and reconnect with yourself. If you're in company, feel free to excuse yourself so you can gather your thoughts.	Connect with your breath. Breathe deeply through your nose and out through your mouth. This will calm your nervous system and pull your focus to the present moment in time.	After pausing and breathing, it's time to connect with the truth of the emotion and of the situation that triggered it. Focus on simple facts.	It's time to get curious. Start asking yourself some questions regarding the situation to step back into logical thought.



Ask yourself these questions...

TO STEP BACK INTO
RATIONAL THINKING

- 01 “Why has this upset me?”
- 02 “What is the story I’m telling myself right now?”
- 03 “What belief system is possibly involved? What am I making it mean?”
- 04 ‘What is the emotion trying to communicate with me? What need is it urging me to meet? How can I meet that need?’
- 05 ‘Is there a more empowering perspective or emotion I could choose to connect with and experience?’ What action can I take to empower myself in this situation.”