

Re-framing for success

The future is a probability,
planted by your feelings and thoughts in the present.

Feelings of success,
about the present or past,
breed success!

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Introducing two 're-framing' techniques

Re-framing with music

Re-framing with pictures

To diminish unpleasant experiences of low to medium intensity.



Re-framing the past – with music

How to change an unpleasant memory

Recall a problem situation (watch your internal movie).

Play some upbeat dance music.

Repeat your internal movie, while the music plays.

Check results,
by replaying your internal movie, without the music.



Re-framing the past – with pictures



Recall an experience
from childhood.



Re-framing the past – with pictures

What do you recall?

Images?

Sounds?

Feelings?



Recall an experience
from childhood.

Re-framing the past – with pictures

What do you recall?

Images?

Sounds?

Feelings?

Is the experience positive, neutral or negative?



Recall an experience
from childhood.

Re-framing the past – with pictures

What do you recall?

Images?

Sounds?

Feelings?

Is the experience positive, neutral or negative?



Is it intense, moderate or neutral?

Recall an experience
from childhood.

Re-framing the past – with pictures

What do you recall?

Images?

Sounds?

Feelings?

Is the experience positive, neutral or negative?



Is it intense, moderate or neutral?

Recall an experience
from childhood.

Are you an observer?

Or a participant?

How can you tell the difference?

Re-framing the past – with pictures

Are you an observer?

How can you tell the difference?

Image is at a distance.

Image is small.

Image is in B/W.

Image is a still picture (2D).

Image is about a younger you.

You see it as an observer looking on.



Recall an experience
from childhood.

Re-framing the past – with pictures

Are you an observer?

Or a participant?

How can you tell the difference?

Image is at a distance.

You are in it.

Image is small.

Image is large.

Image is in B/W.

Image is in color.

Image is a still picture (2D).

Image is a movie (3D).

Image is about a younger you.

Either younger or current age.

You see it as an observer looking on.

You are participating in the scene.



Recall an experience
from childhood.

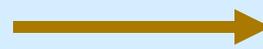
Re-framing the past – with pictures

An example of moderate intensity

Step 1 Recall image



From participant



To observer

Re-framing the past – with pictures

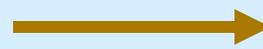
An example of moderate intensity

Step 1 Recall image

Step 2 Make it small and distant



From participant



To observer

Re-framing the past – with pictures

An example of moderate intensity

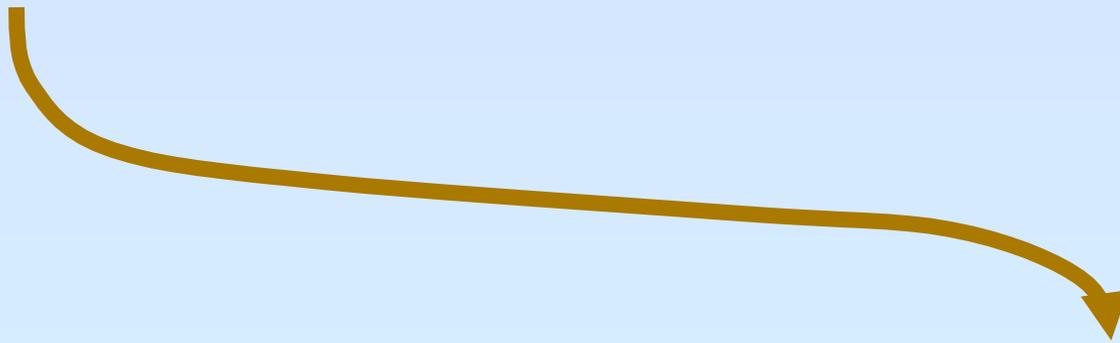
Step 1 Recall image

Step 2 Make it small and distant

Step 3 Put a frame around it with a thick glass window in front.

Step 4 Turn it into a b/w still picture.

Step 5 You are observing a younger you.



From participant



To observer

Re-framing for Success



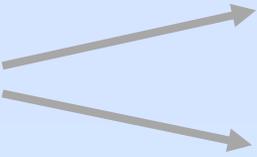
The future is a probability, planted by your feelings and thoughts in the present.
Feelings of success, about the present or past, breed success!

Your memories

Are you

Wanted

Negative?



Observing?



Observing

Participating?

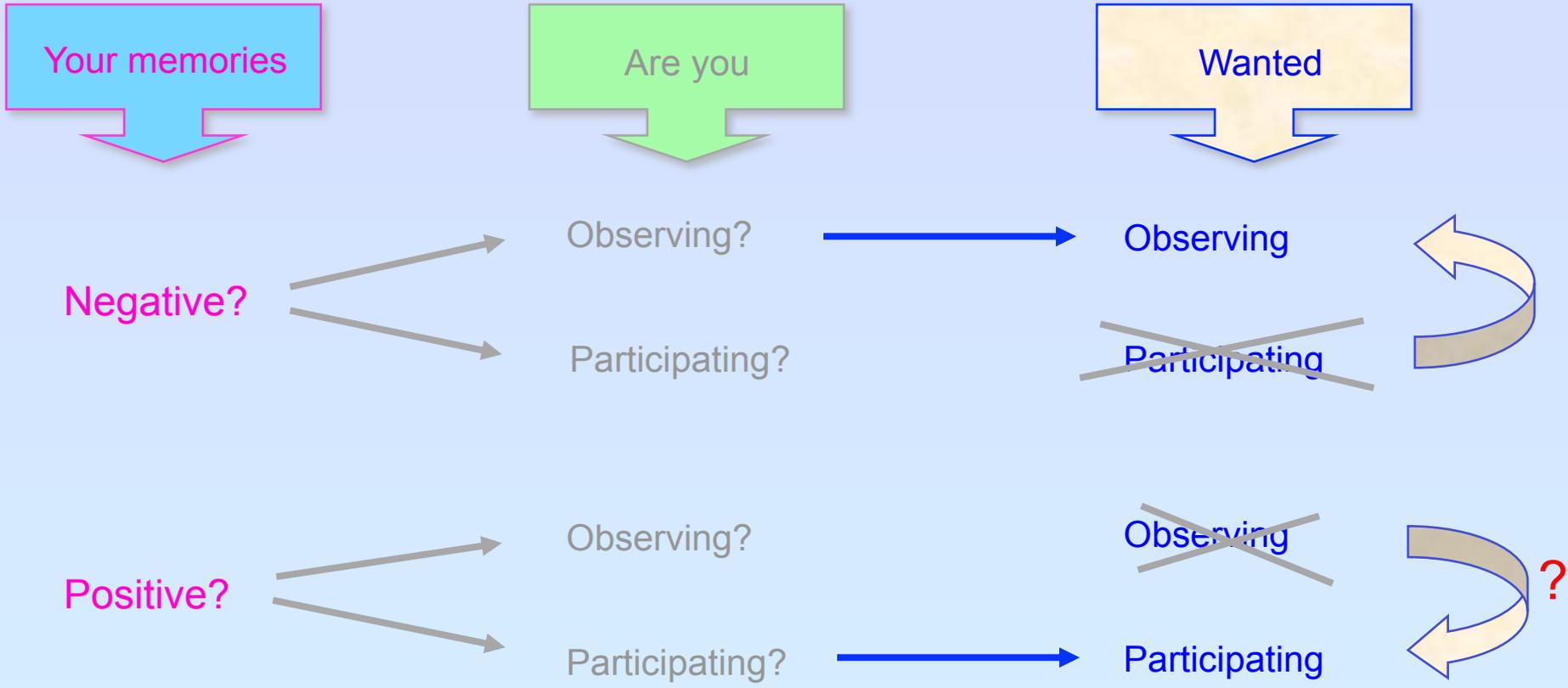
~~Participating~~



Re-framing for Success



The future is a probability, planted by your feelings and thoughts in the present.
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Re-framing for Success



Observer

How to move from



Participant

Image is at a distance.

You are in it.

Image is small.

Image is large.

Image is in B/W.

Image is in color.

Image is a still picture.

Image is a movie.

Image is about a younger you.

Either younger or current age.

You see it as an observer looking on.

You are participating in the scene.

Re-framing for Success

End of session

Return to menu.