

DAILY READING

DAY 19

Reframing Introduction

Today we will introduce Reframing, which is a fundamental process for working with an issue on a mostly cognitive level.

Up to now, we have been working with individual skills to help a person find a deeper truth around some issue in their lives.

We have learned ways to Access a Voice, do Active Listening with the Voice and find the Positive Intent behind what the Voice wants.

We can now start to see how facilitating another person can be seen as a process.

The first three steps of this process can be:

1. Accessing a Voice

- The voice of a person or a part, like a voice inside you head.

2. Active Listening

- Be Silent
- Echo
- Ask Meaning

3. Positive Intent

- What do you want?
- Imagine having that fully and completely.....
- What do you get from that?
- Repeat until core state (Peace, Love, OKness, Being, Oneness)
- From this place I invite you to go BEYOND IMAGINATION

4. The fourth step in a process is often REFRAMING.

REFRAMING

Comes from NLP – Neural Linguistic Programming.

It was developed from a study of the most effective healing methods.

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

For Example:

What do you want: I want to lose weight

What are you doing to lose weight? Eating cookies

How's that working?

Reframing is an excellent way to mentor a person with ineffective behaviors without triggering emotional resistance.

Reframing can be done on a part or on the person as a whole.

There are many versions of Reframing which we will cover.

The following Mentoring Process is a reframing process for working on the whole person (not a part). This process provides guidance for a person to think through a problem area in their life.

Like all the processes in this program, it works on the knowledge that the person doing work has all the answers they need inside.

Reframing I - Mentoring Process

Describe a current situation or issue.

What is the data or what are the facts concerning this issue?

How does it show up in your life?

What do you want? (Specific to this situation)

What does _____ mean to you?

What would that look like?

How will you know when you have it? (Optional: Do Positive Intent)

What are you doing to get it?

What does that look like? Please be as specific as you can.

How is that working?

How do you know that? Are you getting what you want?

What lessons are you learning from this?

Are you open to taking on a new behavior to get what you want?

What are your choices? (Access inner voice)

Close your eyes, go inside, and stay in silence.

Listen for an inner voice. (Optionally, go to Inner Circle, if available)

Ask a wise, creative or fun part to come forward

Ask if any part of you has some suggestions on a new behavior you could adopt to get what you want.

What alternatives do you resonate with?

Which alternative do you choose?

What's at risk for you to take action on this choice?

What will you gain by taking action on this choice?

What action will you take?

What will you do this week to act on your choice?

Ask for support.

MENTORS SESSION GUIDE

DAY 19

INTENTION

- To Introduce Reframing
- To do the Mentoring process on a major complicated issue

CHECK-IN

Please check-in using PEMS. *[mentee and mentor check in]*

REFRAMING

Today, you will get to experience a healing process which is called Reframing.

Reframing involves taking a person or a part, through a step by step process to help them sort out a difficult issue they may be dealing with.

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

For Example:

What do you want: I want to lose weight

What are you doing to lose weight? Eating cookies

How's that working?

Reframing is an excellent way to mentor a person through a difficult or complex issue they may be dealing with.

So, I invite you to take a deep breath and allow yourself to relax.

I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.

MENTORING PROCESS

Is there a difficult or complex issue that you may be currently struggling with?

Please Describe this Situation or Issue.

What is the data or facts concerning this issue?

How does it show up in your life?

What Do You Want? (Specific to this situation)

What does _____ mean to you?

What would that look like?

How will you know when you have it?

What Are You Doing To Get It?

What does that look like? Please be as specific as you can.

How Is That Working?

How do you know that?

What lessons are you learning from this?

What Are Your Choices?

Close your eyes, take a deep breath and allow yourself to move into your Sacred Space.

Ask if any part of you has some suggestions on a new behavior you could adopt to get what you want.

Ask if any part has a suggestion for making this more fun.

What alternatives do you resonate with?

Which Alternative Do You Choose?

What's at risk for you to take action on this choice?

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice?

What Actions Will You Take?

What will you do this week to act on your choice?

Is there someone or a part of you, you can ask for support?

Is there something else you may need to feel complete with this process?

CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place.

Is there anything else you need to feel complete for today?

How was that for you?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for this day, Day 19.