

Reframing Your Assumptions

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Take note of the assumptions you made after a button-pushing situation has passed. To do that, it's easiest to first name your emotions. Then ask yourself, "What must I have been thinking that caused me to feel that way?" Write it in the first section below.

Example:

Emotions: Anger, embarrassment

Assumption: *Jeremy is so rude. He ignores me and never listens to what I say!*

Reframed Assumption: *Jeremy gets really frustrated whenever I tell him to do something he doesn't want to do. That's normal. So he acts as if he doesn't hear me.*

Changed Emotions: Annoyance, a little compassion >> leads to a calmer, more empathic approach

Now you: Pick a button-pushing situation. After your reaction, write down:

My Emotions: _____

If I felt that way, I must have thought _____

_____ (My Assumption)

Now, *Reframe Your Assumption* into a phrase that is more factual – more of an observation.

Remember – Your child is *having* a problem, not *being* a problem.

Think: *What must he feel like right now? What could be upsetting him? What is the problem he is having?* Reframe your assumption based on this more objective point of view. Get to a place of compassion so you can think, *How can I help him? What does he need?* Then connect with his internal, emotional state.

My Reframed Assumptions: _____

My Changed Emotions: _____

My New Response (not reaction) might be: _____
