Open to possibility

5-Star CPR: Consciously Practice Reframing

Reframing doesn't change what happened. It helps us change what we do with what happened. It isn't about staying positive; it's about staying open to possibility.

Reframe your words

INSTEAD OF	TRY
"I should tell him how I feel."	**"It could be good for both of us if I tell him how I feel."**
"I'm struggling."	**"I'm facing a challenge."**
"I can't do it."	**"I haven't been able to do it yet."**
"Life is really hard."	**"Life has been really hard, and I'm finding my way."**
"Why does this always happen to me?"	**"What can I do differently?"**

Flip the Script

- **Make it worse:** write five things you could do that would make a difficult situation worse.
- **Flip the script:** write the opposite of each. These are five ways to make it better.
- **Take action:** choose one you can do today.

> **Ask yourself:** What is my intention? Am I speaking and acting in a way that reflects it?

What we focus on shapes what we see, how we feel and what we do. When we name what we want instead of what we don't, we give ourselves direction.

Need help now? If you or someone you know is thinking about suicide, call or text 988 (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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