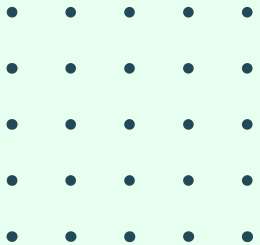




What do you see?





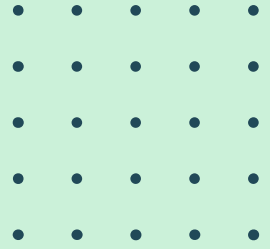
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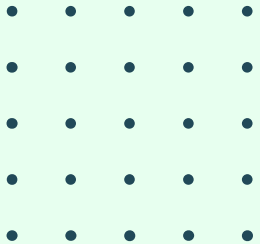
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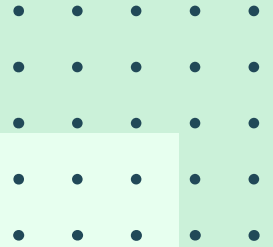


- Part of human nature is to create meaning from life experiences. We



Examples of reframing
Twisted Meanings in
emotions, thoughts, and
actions





We will read through the meanings that harm and practice alternative meanings that heal on the next few slides.

Instructions: Note in your mind or on a sheet of paper/your phone which meanings you have used in the past and notice any reactions and feelings to both the harmful and healing meanings

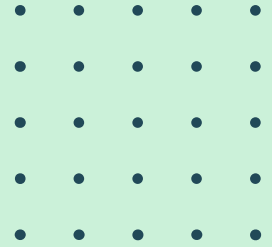
- *Put a star next to those you particularly struggle with*

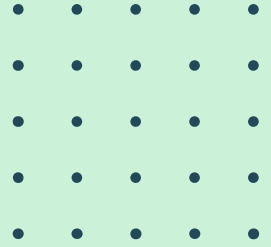
Examples that harm

- **Pathologizing yourself** - "I'm crazy - I shouldn't feel this way"
- **Ignoring cues** - "If I ignore this toothache, it will go away."
- **Over-identifying with traumatic experiences** - "My life is pain. I am my trauma"

Alternatives that heal

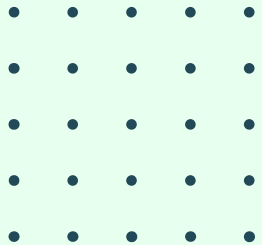
- **Honor your feelings** - you are not crazy. Your feelings make sense in light of what you have been through
- **Attend to your needs** - listen, notice, believe yourself
- **Cultivate a broad identity** - You are more than your experiences or what you suffered. Think about your broad identity

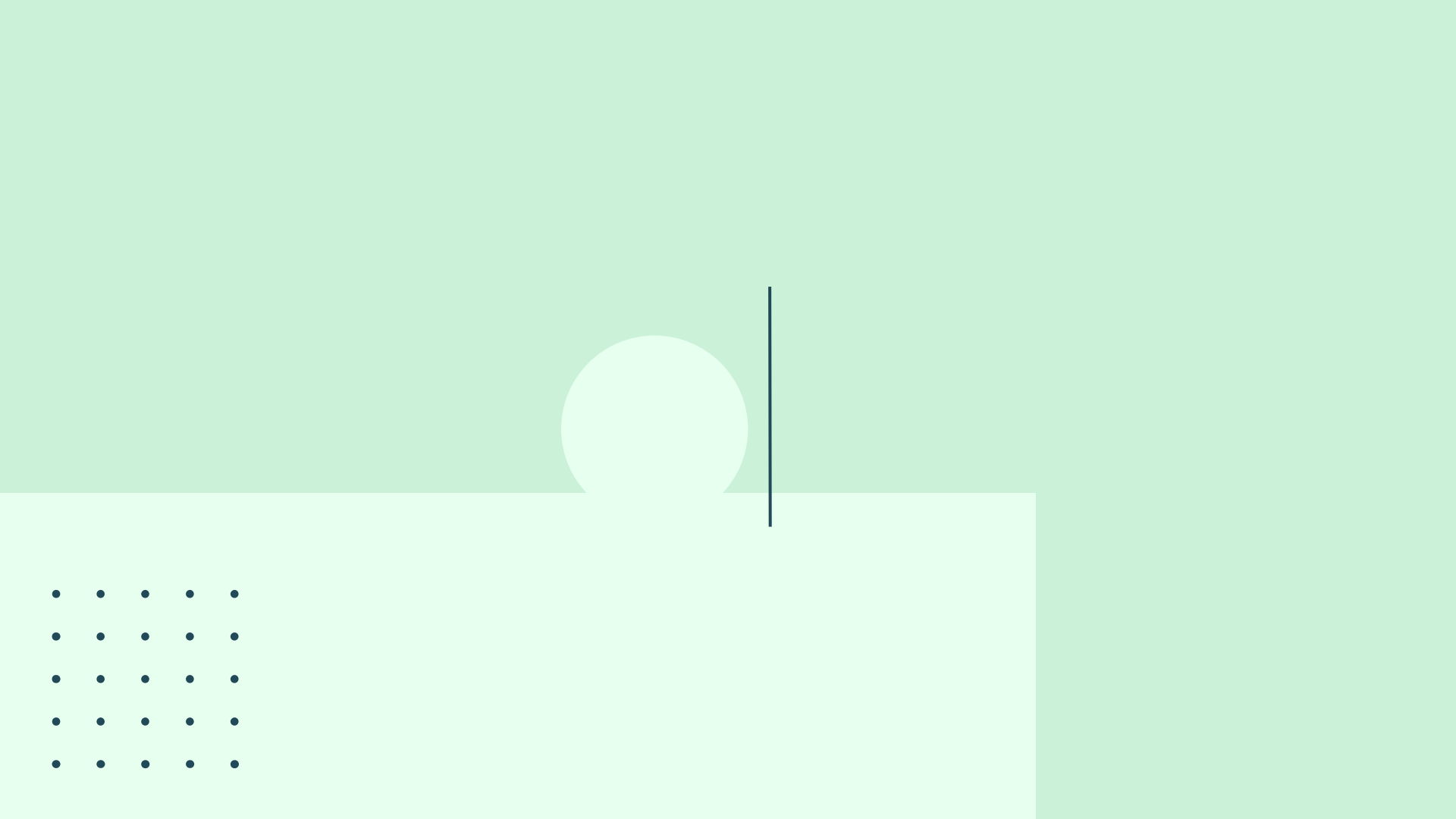


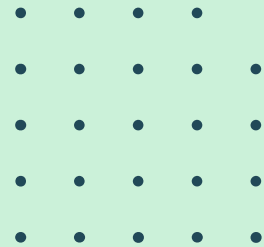


Examples that harm

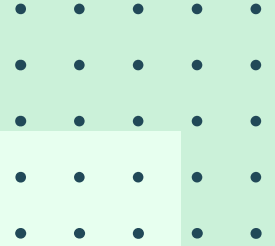
- **Beating yourself up** - "My family is right, I'm worthless!"
- **Focusing on the negative** - "I can't do anything right."
-











We hope to see you next week!

