

# Some Useful Reframes

## **Workability.**

This works in the short-term to help you escape your pain - but is it helping you in the long-term to build the life you want?

## **Getting Hooked.**

Thoughts and feelings aren't the problem. Problems happen when we get hooked by our thoughts and feelings (i.e. respond to them with fusion and avoidance).

## **With Caring Comes Pain.**

When we do the stuff that's meaningful and important, difficult thoughts and feelings come with it.

## **No Delete Button In The Brain.**

We cannot simply delete painful thoughts and feelings. What we can do is learn new skills to help us handle painful thoughts and feelings more effectively.

## **Dropping The Struggle.**

Fighting and running away from painful feelings doesn't work well in the long-term. If we can learn how to drop the struggle with them, we're much better off.

## **When You're Going Through Hell, Keep Going.**

The way out of your hell, is through committed action, guided by your values.

## **What You Focus On Expands.**

If you pay attention to stuff that's meaningful and important, you will start to notice it more and more.

## **Amidst Our Pain, We Find Our Values.**

When we explore our painful thoughts and emotion, they help us find our underlying values.

## **Our Thoughts Are Words And Pictures.**

Thoughts easily dominate us. But when we see their true nature – that they are nothing more or less than words or pictures – they lose their ability to dominate.

## **Think Small.**

Small changes over time have dramatic effects.

## **Gain Control Of Your Feelings, Lose Control of Your Life.**

Extreme efforts to avoid or get rid of unwanted feelings come with major life costs.

## **Your Mind Is Like An Overly Helpful Friend**

Your mind's trying so hard to keep you safe, stop you getting hurt, it's getting in the way of your life.