



REFRAMING

(... if you change the context, meaning or content you can change the meaning!)

The two major kinds of reframes that we learn at the Practitioner level are the Context Reframe and the Meaning Reframe.

THE BASIS OF REFRAMING IS TO SEPARATE INTENTION FROM BEHAVIOR

CONTEXT REFRAME: “I’m too” -or- “He’s too “
Works best when you hear a comparative deletion.

Think of a different context in which the person will respond differently to the same behavior. In which context is this behavior ok?

MEANING (CONTENT) REFRAME: “Whenever ‘X’ happens, I respond ‘Y’.”
Works best when you hear Cause-Effect or Complex Equivalence

Ask yourself, “What else could this behavior mean?” or internally think of an opposite frame or a different meaning. “What is it that this person hasn’t noticed (in this context) that will bring about a different meaning, and change his response?”



SIX-STEP REFRAME

The Six-Step Reframe is no longer used, having been replaced by Parts Integration. It is included for historical purposes only. The purpose of a 6-Step Reframe is to find the benefits behind any behavior and install new ways to achieve those benefits more elegantly.

- Rapport
- Identify Behavior
- Stack Bail out Anchor

- 1. Access Behavior:** _____, I'd like you to ask the part of you responsible for _____ if it's willing to communicate with me now with a visible body movement. (wait for signal)
- 2. Set Up Signal:** Let's refer to you as part X and I want to thank you for signaling me now.
- 3. Discover and Acknowledge Benefits:** Part X, I want to acknowledge you for always having acted in _____'s best interest and for having provided benefits for her/him in the past. We're here to assist _____ in creating additional choices for her/his life now.
- 4. Creating Choices:** _____, can you take part X to that creative part of you now and have part X and creative part come up with at least 3 additional choices of behavior that will provide _____ with equal or greater benefit. When you have those 3 additional choices signal me with a visible body movement. Thank you.
- 5. Congruency Check:** Now, _____, go inside and check for any other parts which might object to adopting these additional choices. If so, will those parts signal with a visible body movement now. Thank you. (If signals, repeat step 4 creating additional choices agreeable with the creative part, part X and any objecting parts.)
- 6. Future Pace & Test:** Now, _____, can you step into the near future, and put yourself in a situation where you'd have reason to use these additional choices, experiencing this fully now? (pause) As I count to three, you will open your eyes, knowing you have fully integrated all these choices. 1-2-3.



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Instruct client on types of signals — in images, sounds/words, sensations — those are the kinds of communication we are setting up. Reframing can be used with any behavior, internal or external, or any symptom.

1. Identify behavior that the client wants more choices about.
2. Client asks the part in charge of behavior X if it's willing to communicate. Get a Yes/No signal. (What image, sound/word, sensation was client aware of when asking that question. Ask the part to increase that image, sound, sensation if answer is yes; decrease if answer is no.) If yes, thank part and go on. If no, thank part for communicating and reassure part that it is entirely understandable that it does not want to communicate on a conscious level. Reassure part that it is in charge of behavior X and in no way are you trying to get rid of it nor would you allow client to attempt to do so — we are only trying to get some information and alignment.
3. Ask part what purpose or function it has — what is its positive intention. (The Part can answer consciously or unconsciously. Client must accept that the part does have some positive intention.) To help person elicit this ask them to imagine what it might be — purpose here is to separate behavior from intention or function and to get client's conscious mind to begin to appreciate that part as friend and/or teacher.

Thank part for positive intention and make sure client begins to sincerely appreciate part.

4. Ask client to go to creative unconscious part, and ask that it generate at least 3 alternatives to behavior X that would satisfy intention — accomplish the purpose of behavior X (you can also have the part responsible for behavior X go to the creative part directly to inform that part what its purpose is — that is useful especially when purpose remains unconscious). These new choices can be on a conscious level —ask creative part to give client signal when it has generated these new alternatives.

Thank creative part. (continued, next page)



SIX STEP REFRAME

5. Ask the part responsible for behavior X whether it's willing to use these alternative choices instead of behavior X. Yes/No signal. If yes, thank part and go on. If no, put time limit on request (e.g., 2 weeks, etc.) to try out some alternatives to find out if they are effective and available. If still no, ask part to go back to creative part and help generate alternatives it would be willing to try out for at least a limited time.

Thank part.

6. Ecological check. Ask client to check with all their parts to make sure all are comfortable and accept the entire process and the alternatives. If yes, thank all parts and surprise and delight self in future. If no, check on how client knows this, how this represents an objection — then ask the image, sound, sensation, and increase if needed. Reassure client any objection is important information and is welcome. If there is an objection, go back to step #3 and go through process with part that objects - making sure that the objecting part and the part that runs behavior X agree on all the alternatives and can work together. Treat parts of a person as though they were all parts of a negotiating team. It is important that each member's function and purpose be respected and paid attention to. Cycle back through process until you get full acceptance for any alternative behaviors from all parts involved.

Thank all parts.

NOTE: The main purpose of a 6 Step Reframe is to establish — set up — bridges (channels of communication) between client's unconscious and conscious mind, even between parts of the person's unconscious and to install in the person a belief that all parts are allies — potential teachers and friends.