

reframe surprise!

Something you might have dreaded or been upset by may prove to be a blessing down the road.

When you can reframe these events in your own mind, it may help to tell a more positive narrative in your own life.

This tool is an, “I thought it was bad and it turned out for the good” type of exercise.

Sometimes one needs a bit of perspective and time on these. And sometimes, when we look for the silver lining in a situation, we may just find the silver lining! If you can find that place and space in a downer or difficult situation (even later on,) here’s a place to jot these thoughts down and keep them for future reference.

Examples can be as banal as,

“I had to park far away from the store entrance, but in the end, I saw it was much easier to get out of the crowded parking lot. And I got in my exercise steps.”

A more profound example could be,

“I missed the bus and thereby missed a big accident that occurred on that route.”

Re-reading these Reframe Surprises at a later point in time may help increase gratitude, calm, appreciation and a positive outlook about how things turned out and give a sense of providence.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____