

Reframe the Thought

Reframing is not positive thinking. The goal is to build a response that better fits the evidence, context, uncertainty, and what you can actually do.

Accuracy over positivity

COMPLETED EXAMPLE

Situation

What happened?

During a project presentation, a senior colleague challenged one of my assumptions and I paused before answering.

Automatic thought

Write the thought in one sentence. If there are several, choose the one with the strongest emotional charge.

Everyone could tell I did not know what I was talking about.

What supports it?

Facts, context, or real risks.

I paused for several seconds and needed to look back at one figure before answering.

What complicates it?

Missing information, alternative explanations, exceptions, or evidence pointing elsewhere.

I answered the question, the discussion continued normally, my manager thanked me afterward, and another colleague asked for the deck.

What kind of response fits?

Is this mainly an interpretation to reframe, a real problem to plan for, something to accept, or a prediction you can test?

Reframe the interpretation. There is no practical problem to solve beyond noting the question for next time.

Balanced reframe

Write a response you can actually believe. It can include uncertainty, difficulty, and limits.

I hesitated on one question because I wanted to check the number. That was visible, but it does not show that everyone judged me as incompetent. The rest of the presentation continued normally.

Next step

What would you do differently if you held the balanced view for the next hour?

Add a note on that assumption to my presentation file and then stop replaying the moment.