A Path for Reframing Perspectives

Human beings are meaning making machines. We learn the meaning of things from an early age from our individual culture and the significant others in our lives. The meaning or ‘frame’ that we place on something has a significant impact on how we respond to it.

We can choose to shift our perspective at any time without waiting for it to be shifted for us. We call this process of shifting perspective “reframing,” and it is an essential part of all coaching. It is useful in coaching situations because sometimes clients get stuck with a particular way of perceiving a situation which may be disabling rather than enabling for them.

Reframing helps them to see things differently and subsequently come to different conclusions, or feelings about the event or experience. Your ability to help reframe a situation for your client provides a new perspective and often a sense that things that seemed impossible may now be possible.

In transformational coaching reframing is about more than seeking to see something in a new way by asking questions that enable the shift. It’s about creating a shift in consciousness which then allows a person to see things in a whole new way. In other words the new perspective drops in automatically, as a result of the consciousness shift. Focus on shifting consciousness in your sessions, and perspectives will automatically shift to reflect that new/higher state of consciousness.

The Path to Reframe a Perspective

1. **Awareness**
   1. Be curious and inquire into the perspectives your clients are holding on to. Are they limiting or supporting the lives they desire?

2. **Acceptance**
   1. Is there any resistance to the discovery of the limiting perspective? Are they ready and willing to go into it? If not, here are some tips for working with resistance.

For more resources, visit:
[www.centerfortransformationalcoaching.com/transformational-coaching-resources](http://www.centerfortransformationalcoaching.com/transformational-coaching-resources)
*feel free to share this resource with attribution*
3. "Need" or desire to reframe
   I. Once it’s clear that your client wants to move past the perspective their holding on to, reframing becomes possible.

4. Reframing
   I. Ask powerful questions
      i. Examples
         a. How is this perspective serving you?
         b. What is the belief costing you?
         c. What new, more empowered perspective can you take on?
   II. Focus on the energy
      i. Examples
         a. What is the energy behind the belief you’re holding on to?
         b. How does it make you feel? Where in your body do you feel it?
         c. What energy are you wanting to experience instead? Now let’s expand it...
   III. Visualizations
      i. Guide them into their desired state or perspective
      ii. If you changed your perspective to __________, what would your life look like? How would you feel? How would you think? How would you BE?

5. Nurturing the new accepted perspective (sustaining)
   I. Sometimes old perspectives take some time to shift while other times it happens in an instant. Each person and situation is different. The main thing to keep in mind is to continue holding space and trust in the process. The change will come naturally when your client is ready.