

Worksheet: Positive Reframe.

'Accentuate the Positive... Eliminate the Negative'

"I never tell the running back 'Don't fumble'. I never tell a place-kicker 'Don't miss!' I say to the running back 'Protect the ball.'" I say to the place kicker 'Make this!' You'd be surprised how few coaches understand the simple psychology I'm using here. But in my opinion, it is vital psychology." (Jimmy Johnson: Former coach of the Dallas Cowboys – winners of the Superbowl in two successive seasons.)

Transform the following negatively framed (and commonly used) phrases into ones that instead, emphasise the positive. Where necessary - provide a context to 'contain' any negatives.

Reframe them with positive language, which is congruent with how you speak and which sounds authentically yours.

1. I'm tired, shattered, exhausted.
2. Don't forget to....
3. That's not a bad idea.
4. This is going to be really difficult.
5. Yeah, I guess that shouldn't be too much trouble.
6. Don't worry too much about.....
7. This has taken an awful lot of preparation and planning.
8. Yeah, no bother, no problem.
9. Let's not miss our goal
10. Don't be late.
11. Sorry to bother you...I won't take too much of your time.
12. Don't get me wrong, I'm not trying to criticise you or anything but....
13. Let's just try to muddle through.
14. I hope you don't mind me saying, but you're a bit under-confident.

- 15.This exercise is a nightmare.
- 16.You mustn't make the same mistake next time.
- 17.So what seems to be the difficulty?
- 18.I just can't think of a way round this.
- 19.So where did you fail?
- 20.Exactly which bit are you having trouble with?
- 21.It might not be as bad as you think.
- 22.Don't worry if you make a mistake, just try your best.
- 23.I've always been rubbish at....
- 24.This is dragging me down.
- 25.There's no need to get upset about it.
- 26.All I can say is it's not the end of the world.
- 27.Well it's down to you!
- 28.We mustn't take our eye off the ball now.
- 29.It's something you've never been good at.
- 30....And last but not least.

*Practice using positive language internally and externally!