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WHY THE REFRAME GAME?

Do you want to change your life? Do you want to feel better about yourself? The Reframe Game is an exciting way to make those changes happen. The Reframe Game is a cognitive tool for changing your thinking. Our thoughts guide our actions in the world. Since our thinking precedes our actions in the world, our positive thoughts help to inform our actions and thereby better ensure positive outcomes in our lives.

To reframe means to look at something in a new way, from a healthier and happier perspective. Poetically it is learning to look at ourselves, others and our lives through the eyes of love.

The Reframe Game uses the language of the heart, the language of love. With the Reframe Game you can choose to change your unloving, negative thoughts and words about yourself and your circumstances to loving, positive thoughts and words.

The power in your thoughts and words

We have thousands of thoughts a day. The Reframe Game is about becoming more aware of what we are thinking or saying to ourselves—our inner dialogue. What you are saying to yourself is very important. Your words have incredible energy and power. Your thoughts and words affect your mind, your body and your spirit.

Your words can activate particular areas of your brain that trigger your body to release certain chemicals that affect how you feel both positively and negatively.

Our thoughts help to determine our reality. If you want your life to improve, we encourage you to change your thinking. What you think about persists. If you keep thinking and complaining that something is or is not happening you could be actually creating or reinforcing that very condition.

Remember – your thoughts have energy. Similar energies attract like energies. For example, if you focus on how little money you have, then you will have little money. Instead, try saying, “I easily receive money in many ways.” This positive statement will help attract more money. You are now focusing on abundance – rather than scarcity.

Thought precedes action. When we change our thoughts, our actions change. Our positive, loving thoughts and words will improve and enrich our lives.

We have found that what we say to ourselves can make us feel good inside or feel badly about ourselves. For example, try saying aloud or to yourself: “I am stupid.” How do you feel? Do you feel competent or ignorant? Are you happy or sad? How do your insides feel? Is your body relaxed or tense? Do you want to be around other people? How is your energy? Do you feel ready to go or deflated?

Now try saying aloud or to yourself, “I am smart.” Take a minute to check in with yourself. Say it again, “I am smart.” How does saying, “I am smart” make you feel? Are you smiling? Are you relaxed? Are you standing taller? Do you feel competent and ready to deal with the next thing? Which statement works better for you, the positive or the negative?

Have you ever noticed that when you are around a person who is speaking negatively, you start to feel negative and out of sorts yourself? In comparison, hearing the positive words of another can uplift you. Well, it is the same with what you say to yourself.

You can weigh yourself down with your words or uplift yourself. Your words can scare you, or your words can comfort you. It is your choice. You are ultimately responsible for the words that you choose to use and believe.

The benefits of the Reframe Game

The Reframe Game can change your negative, unloving words about others, your circumstances and yourself. We have seen how the Reframe Game transforms our inner critic, that negative inner dialogue that interferes with our feeling of self-worth. As you become more aware of what you are saying to yourself, you will be able to choose what you want

to say. This will allow you to be more kind and understanding to yourself and others.

When we use positive loving words, our relationships with ourselves, our family and our friends become easier and more rewarding. Our work is more enjoyable, creative and productive. There is less drama in our life. We have more peace and happiness. We feel calmer, joyful, happy, valued, proud and empowered.

The Reframe Game will help you to:

- Become more aware of your positive and negative thoughts
- Take responsibility for what you choose to say
- Let go of the past, and live in the present moment
- Reduce your stress, fear, anxiety, anger and depression
- Restore and renew your love for yourself, others and your circumstances
- Increase your inner peace, joy and happiness
- Create the life of your dreams

It's all about love

Several years ago we developed the Reframe Game to increase our self-love. We had become keenly aware that our mental suffering was the result of our negative self-talk. We were both tired of feeling badly because of what we were saying to ourselves. The Reframe Game allowed us to lighten up, and have some fun learning to love ourselves.

We are often very hard on ourselves. As we judge ourselves we keep love out. We may even start to believe that we are unlovable and unloved. We hope that you will find, as we did, that the Reframe Game helps to silence the inner critic. You are then more able to hear your inner voice of love, and you are more able to be gentle with yourself. In time, your limiting beliefs about yourself can change.

With the Reframe Game, you can love and comfort yourself with your words, as we have seen many people learn to do. Our wish is that we all feel peaceful, happier, and more loving toward ourselves.

The basis of the Reframe Game is that we are born in the likeness of the Divine, God, Source, Goodness, Love, Universe, Spirit, etc. It is