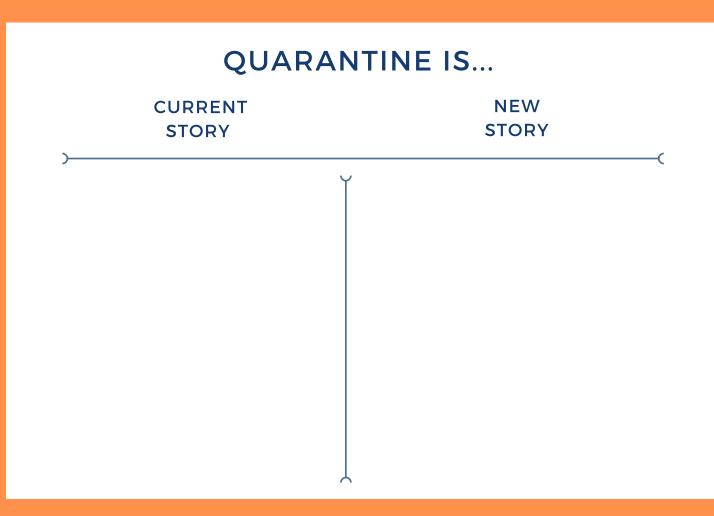
REFRAMING

THIS IS A TOOL TO REORGANIZE HOW TO STRUCTURE YOUR PERCEPTION OF THE SITUATION -(



What do I want to pay attention to?

)

What will I take action around?