



What else is also true?

The skill of reframing · name: _____ · date: _____



When something goes wrong, the first story about it can feel like the only truth. Reframing keeps the facts and the difficult feeling. It asks whether another part of the situation is also true, and whether that wider view makes another response possible.

What we are practising

By the end of this lesson, you can find a second honest frame for a difficult situation and explain how it changes the possible next steps.

During the activity

The frame swap: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

How could someone use the question "what else is also true here?" to find a second, honest frame for a challenging situation and open up a more useful next step?

Exit ticket · What else is also true?

According to the lesson, what does a frame do?

- a) It directs attention towards some parts of a situation and away from others
- b) It turns a fact into something that cannot be questioned
- c) It decides who is right and who is wrong
- d) It helps you memorise facts before a test

I can take a challenging situation and find a second, honest frame for it that opens up a more useful next step.

☐ more than before ☐ about the same

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