

Module Ten: Video Number 1

The Reframe Statement

Welcome to Module #10 where we're going to be looking at the reframe statement. Which means we're coming up to the finishing line as far as the Radical Forgiveness Worksheet is concerned, anyway. How are you doing with yours? Have you been filling yours in as we've been going along? If so, have you been surprised by what has come up for you in the process so far? I hope so. Some insights, perhaps? We're going to go through writing the reframe next, so I hope that will be even more insightful for you and perhaps even transformational, just as it will be for your future clients, I know.

Speaking of which, have you identified 5 people to do worksheets with once this module is over? Assuming you are still on schedule, which would put you at you at week #5. Weeks 6 and 7 on that basis are given over completely for completing that assignment. It is also the week to begin your book study group assuming you want to finish that by the 12th week. Hopefully, you have a group pulled together and ready to do that.

Among the resources here below this video, you will find some good notes about how to run a book study group. I suggest you download those now, along with the other pdf handouts for this module, so that you have them to study before beginning the books study group next week.

OK? So, let's get into doing the reframe, which is Step #16 on the worksheet. Let's see what it says.

16. The story in Box #1 was your Victim Story, based in the old paradigm of reality (victim consciousness). Now attempt a different perception of the same event (a reframe) based on the insights you have experienced as you have proceeded through this worksheet. (It may simply be a general statement indicating that you just know everything is perfect, or a statement that includes things specific to your situation if, that is, you can actually see what the perfection is. Often, of course, you cannot. Be careful not to do a reframe based in 'world of humanity' terms.) I now realize

Now, if your client is not able to see a new interpretation which is specific to their situation, that's not a problem. The Radical Forgiveness reframe might simply be expressed in a very general, generic way, such as, "***What happened was simply the unfoldment of a Divine plan. It was called forth by my own Higher Self for my spiritual growth and the people involved were doing a healing dance with me, so, in truth, nothing wrong ever happened.***"

Writing something like that would be perfectly adequate. To help you create something like that, we actually provide a handout in this module called **Reframe Language**, which provides a number of statements or sentences just like this one, that can be woven into one's reframe statement.

What would NOT be helpful, though, would be to write an interpretation based on assumptions rooted in the World of Humanity, like giving reasons why it happened or making excuses. Or, that you got a better job, or met the partner of your dreams, or something like that. You might just be exchanging one story for another or even shifting into pseudo-forgiveness.

It is our soul that is the ultimate beneficiary, and it is that part of us that feels the gratitude. It is for that reason that you should make sure your client uses at least three or four of the statements listed on the Reframe Language Handout. And, these are also listed on page 2 of the Quick Radical Forgiveness Worksheet.

A new interpretation of their situation should allow them to feel its perfection from the spiritual standpoint even if they cannot see it.

That said if we help the client make their reframe more specific and down to earth, it does give us a great opportunity to bring them some further insights and "Ah-Ha" moments. (And, who doesn't love to experience an Ah-Ha moment!)

The way we do this is once the client gets the basic idea of the reframe, we might pose some questions to them, based on what they have written in earlier steps of the worksheet, to encourage them to speculate about some possible aspect of the reframe that would be specific to the situation they are doing the worksheet on. (And, you might want to do this on your worksheet, right now.)

For example, when you're guiding a client through a worksheet, and you get to the reframe, you might ask the client to look back at **Boxes 2, 5, 6, 7, and 9** of the worksheet, and then ask questions like:

"Looking back at these boxes of the worksheet can you begin to speculate about what 'X' might be doing not TO you but FOR you?" And, then you go through each number in turn.

Like, in **Steps 2 and 9**, where you might ask, "Can you recall other times in your life where you felt the same way as you now feel about the current situation, like those that you have listed in **Step 9**, perhaps?"

Another one might be, **"Can you see that 'X' may have given you an opportunity to heal that old pain that keeps coming back over and over again, albeit, in slightly different circumstances? And can you see that you co-created with him or her those opportunities for a reason, even if you don't know what the reason is?"**

And, referring back to **Step 5**: **"Are some of the judgments you mentioned about him or her in Step 5 possibly judgments you hold about yourself but tend to deny? Are you carrying any sort of guilt or shame about having been this or that in some way in your own past? Can you see that 'X' may be reflecting your own self-hatred so you can heal that?"** And, so on and so forth.

And, then in **Steps 6, 7, and 9**, you might ask, "Did some of the "stories" you listed in **Step 9** relate directly to the interpretations and core-negative beliefs you mentioned in **Steps 6 and 7?**"

The answers to all these questions can be woven into their reframe. Here are some more suggestions that might possibly help your clients wring even more 'juice' out of the stories.

To state a reframe about a story where there is a strong emphasis on the feelings associated with a wound, the reframe box might read something like this:

"I now see that 'X' helped me create this situation in order that I could heal old wounds that I have experienced when being betrayed (or whatever the wound might have been) at other times in my life. I now see that 'X' and the others did nothing wrong and that what occurred in each of those situations was for my soul's highest good and that what occurred in each of these situations was for my soul's highest good and for my spiritual growth."

Where the client has identified a repeating pattern and wants to transform the belief that drives the need to keep creating circumstances that prove him/her right about the belief, their reframe might include something like this:

"I now see that this situation was one of several that I've had in my life giving me the opportunity to heal my core-negative belief that I don't deserve love or respect from others (or some other belief). This situation was perfect in helping me learn that I am lovable and worthy of respect (or whatever else you want to put in there)."

When your client has fully understood the mirroring principle given in **Steps 10 and 11** on the worksheet and is ready to embrace that aspect of their own shadow that 'X' may be reflecting, the client having up to now have denied, repressed, and then projected it onto 'X,' might say:

"I now see 'X' as my healing angel, giving me an opportunity to acknowledge, own, and love the part of myself that has been judging others as being rude and insensitive (or other judgments). I'm now willing to see that there have been times when I have not been as sensitive as I might have been, and I am willing to love and accept the part of me that I have previously tried to hide in my shadow."

Now, don't forget that you have some visuals that help you explain the reframe, especially if you're speaking to a group. The two frames is an easily understood graphic and the tapestry analogy is always a winner. Watch the video on that and model how I did it.

Finally, we need to understand that it may take completing many worksheets on the same issue to really feel the perfection. There are no right answers, no goals, no grades, and no end products here. The value lies in the process; in doing the work. Let whatever comes be perfect, and resist the urge to edit and evaluate what is written. We cannot do it wrong.

So, that's it for the reframe. Let's go ahead now and complete the worksheet in the next video.