

## Reframe Language:

The following statements provide you with some phrasing that will help you stitch together a reframe statement that might also include some things that are specific to your situation, such as what lessons might have been implicit in the situation. [**Note:** In some cases, there is a number reference to a similar question on the RF Worksheet.

1. Even though I may not understand why I am now willing to recognize that my soul has created this situation for my spiritual growth.
2. And, that sense, I was/am in fact getting exactly what I unconsciously wanted from \_\_\_\_\_ ? [RFW # 12]
3. I am willing to entertain the possibility that I asked \_\_\_\_\_ to give me this experience in order to experience separation. [RFW # 8]
4. I am now able to see that this situation is giving me an opportunity to heal the misperception that I am separate and alone.
5. I am now, therefore, ready and willing to cancel my contract with \_\_\_\_\_ and to let go of my unconscious need to stay a victim.
6. I am now willing to release my need to judge the situation as right or wrong, good or bad. Even though I cannot explain how or why I am simply allowing the situation to be perfect just the way it is. [RFW #13]
7. I am now willing to be open to the idea that this person is helping me reconnect with my true nature and access the power within myself.
8. I now recognize that in forgiving him/her, I have forgiven myself.
9. I am now able to release the need to blame and to be right about this, and I am **WILLING** to see the perfection in the situation just the way it is. [RFW # 13]
10. I now realize that \_\_\_\_\_ was playing out a role for me and that we were each playing out our parts of the soul contract we made before incarnating. Therefore, it was all perfect, and there is nothing to forgive.
11. I let go of my need to make \_\_\_\_\_ responsible for my unhappiness.
12. I recognize that in withholding love from \_\_\_\_\_ (by judging) I was withholding love from myself and \_\_\_\_\_. I release him/her to be as God created her/him and give up my expectations and need that they be any different. [RFW #5]
13. Instead of living in the victim's question - **WHY?** - I now choose to live in the question of what the **GIFT** might be for me in having \_\_\_\_\_ in my life.