

Reframing language in positive way can rebuild relationships, self-image

Old pictures get a born again look when given a new frame. The picture acquires a new appearance.

Have you been looking at your marriage through the old frame?

Here are some old messages reframed for a new look:

Old: "Life is sad. There is no such thing as true love."

Reframe: "At times I feel down and get disappointed and would like more affection, but I am so thankful for my mate who loves his kids, comes home every night and is a hard worker in providing for us. Thank God for that blessing."

Old: "I'm a failure! I am terrible at math. I feel like a dummy. I'll never make it through school. I'm doomed to a work I will never enjoy, nor be able to make a good living."

Reframe: "I see I am having some trouble with math. I will need to get proper tutoring to get me through. I am doing well in all my other subjects with a bright future ahead. I will find a way to master this temporary bugaboo."

Old: "I am just ugly. My body is out of shape. I don't like my face. Who will like me or want me?"

Reframe: "Well, I may not be a movie star, but I can sure compensate with my outstanding personality and good humor. People really seem to enjoy me and want to be around me. I do have an upbeat personality that is cheerful and exuberant. Actually, the world needs more people like me to lift them up from their sadness and doldrums. With a little time, effort, and patience I bet I can get my body into the shape I want. I am committed to a better me."

For one reason or another, too often, we inundate our mind with negative self-talk. We may be unconsciously playing back old tapes of childhood

in which we were put down and were made to feel unworthy and unlikable. On top of that, we are faced with inundation of unreal world of television that is constantly telling us we are not okay. Yet, if we buy their product untold happiness will seize us. Use this deodorant, that perfume, this toothpaste, that hair style - and on and on it goes.

Benjamin Franklin, we are told in his autobiography, committed himself to improving 12 different virtues, spending one month in concentrating on that area of his life he sought to improve. Then he recycled his efforts year after year.

Thus, regarding modesty and

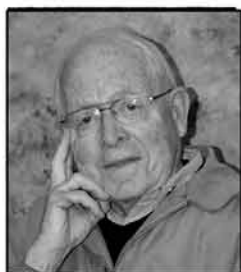
speaking humbly as a better way to influence people and to be likable, he would focus therein. He would ask people for their help and solicit their advice.

So successful was Ben in influencing people, he became the key in securing French military support for the American Revolution, without which we would not have succeeded in becoming a free nation.

Yes, Mr. & Mrs. Husband and Wife, there is some homework to help you renew your perception of your self and marriage. Are you willing to take the time?

Right now, jot down all those negative, misperceived self-dislikes. Then write the reframe underneath on a 3x5 card. For example: "I never do things right." - misperception. "I do very well in almost everything I do. Occasionally I fluff something, but everyone does. So I forgive myself when I do and remember I do almost everything well."

Perhaps this thought will further help: "As a child, I did not have the adult understanding and ability to see through the fallacies that were laid on me by others. Now, as an adult I see those errors of having allowed myself to think less of myself. Today, I can now reframe those misperceptions and see myself as the lovable person God made me to be."



Dr. Eli Ross

**Handy Hints
for Hassled
Households**