REFRAMING – Karim Benammar – www.karimbenammar.com - 2020

Step 1 – Determine a limiting belief
- Determine a limiting belief (or situation) that you would like to change

Step 2 – Map your assumptions and choose the four most important ones
- What are the reasons for this? Map a word-cloud of connected issues
- Do you have the main ones? - Do not forget obvious assumptions

Step 3 – Construct the extreme opposite of your assumptions
3a. Start with linguistic and grammatical opposites
3b. Make the opposites more extreme - if you're laughing, you're on the right track
- Do not worry whether these opposites are 'true'
- Keep writing post-its: make your thinking steps visible

Step 4 – Construct a reframed belief based on your reframed assumptions
- What if your most powerful reframed assumptions were all true?

Step 5 - Design an experiment to test one of your new extreme assumptions
- at no cost or low cost – reduce the cost of failure to zero
- in which you run a risk, but a limited risk
- a concrete experiment with a deadline

YOUR EXPERIMENT

My frustration	
My key insight	
My experiment (concrete action)	
Deadline	

ONLINE REFRAMING RESOURCES
Online reframing tool: reframe.thnk.org