

# Fostering Wellness Exercise

## Reframing #2 (Others)

Time Required: *4 minutes*

We usually judge ourselves based on our intentions to perform actions and the outcomes of those actions. *We judge others, though, by their actions alone. We often jump to assumptions regarding the intention behind their actions.* For example, someone cuts you off while driving to take the exit ahead of you. You will probably curse at them and become frustrated because now you are going to be late. Instead of becoming angry, frustrated, or mad, try to reframe this situation using the following:

- 1. Gratitude:** Thank goodness I am not in the car with someone who drives like that! Or, I am glad that I left early enough that I won't be late anyway.
- 2. Compassion:** Give this person the benefit of the doubt. Maybe there is a passenger who is sick and needs to get to the hospital, or maybe the driver is even more late than you! You can use a generic thought: "I know this person is loved by someone;" "I know this person has their own problems;" "I wish him/her well."
- 3. Acceptance:** This person is a crazy driver, but I saw them coming and could move out of the way so no one got hurt.
- 4. Meaning:** I am glad I am working on my well-being and thinking kinder thoughts towards others.

The next time you find yourself thinking negatively toward someone else, think about using gratitude, compassion, acceptance, and finding alternate meaning to reframe the situation into a more positive one.

