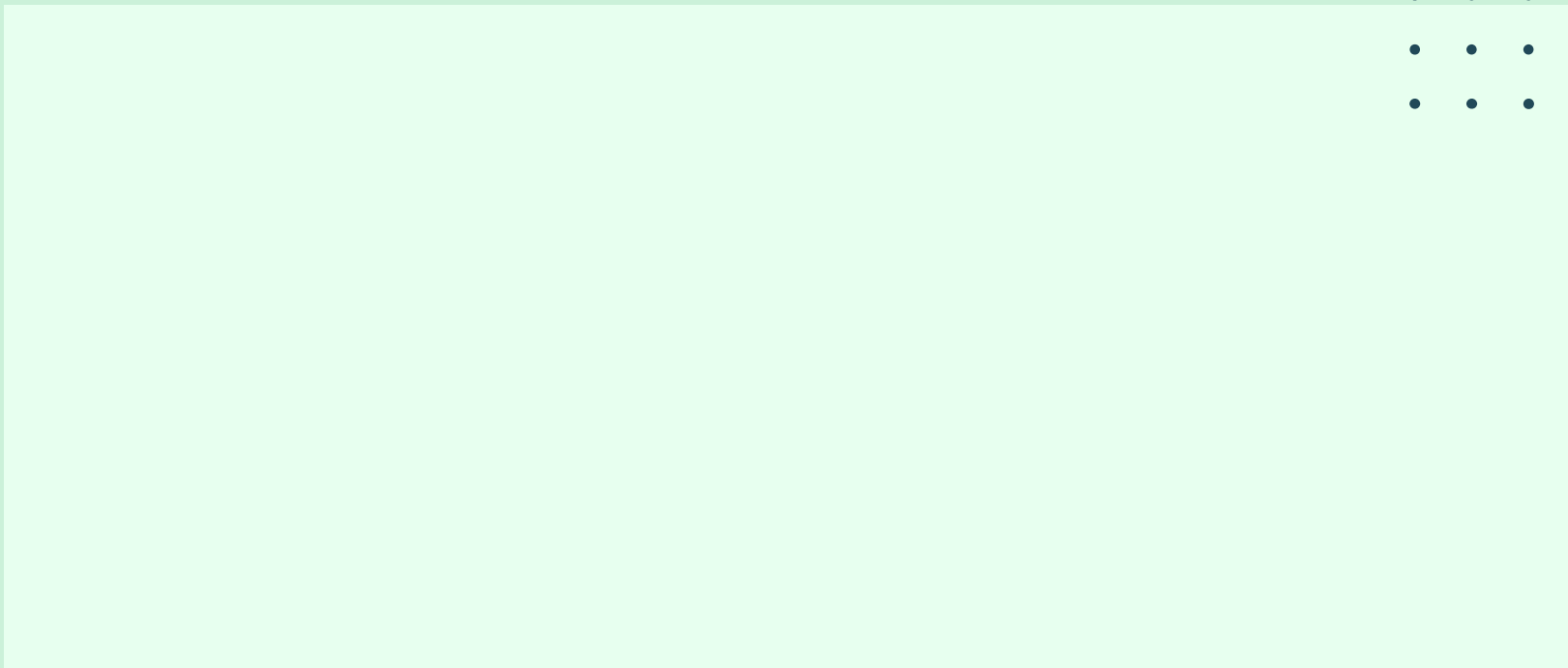




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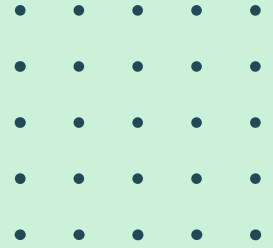


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- Part of human nature is to create meaning from life experiences. We

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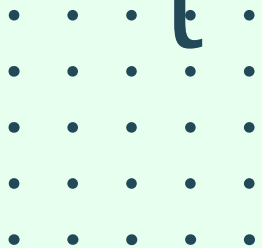
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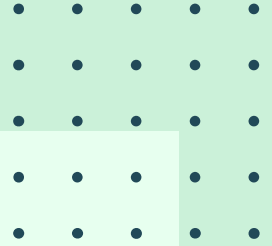
Examples of reframing
Twisted Meanings in
emotions, thoughts, and
actions

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We will read through the meanings that harm and practice alternative meanings that heal on the next few slides.

Instructions: Note in your mind or on a sheet of paper/your phone which meanings you have used in the past and notice any reactions and feelings to both the harmful and healing meanings

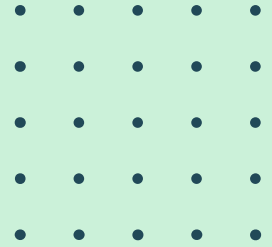
- *Put a star next to those you particularly struggle with*

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Examples that harm

- **Pathologizing yourself** - "I'm crazy - I shouldn't feel this way"
- **Ignoring cues** - "If I ignore this toothache, it will go away."
- **Over-identifying with traumatic experiences** - "My life is pain. I am my trauma"

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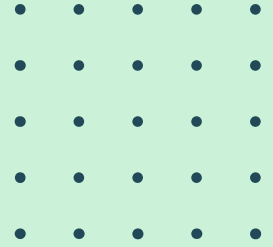


Alternatives that heal

- **Honor your feelings** - you are not crazy. Your feelings make sense in light of what you have been through
- **Attend to your needs** - listen, notice, believe yourself
- **Cultivate a broad identity** - You are more than your experiences or what you suffered. Think about your broad identity

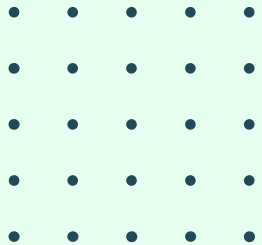
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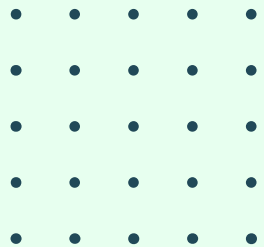


Examples that harm

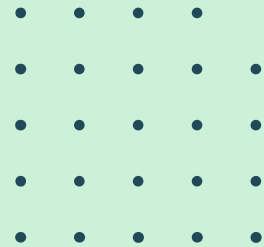
- **Beating yourself up** - "My family is right, I'm worthless!"
- **Focusing on the negative** - "I can't do anything right."
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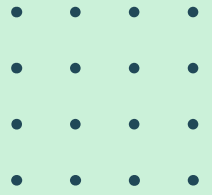


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We hope to see you next week!