REFRAMING WITH THE HELP OF SOME WORDS

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ANNOTATION

In this article it is described what is Neurolinguistic Programming, what is framing and reframing, the benefits of reframing and how to reframe our expressions using some connective words such as "but", "and" and "even though".

The article deals with reframing using some effective words.

KEY WORDS: *NLP, framing, reframing, words: "maybe", "but", "and" and "even though".*

DISCUSSION

During the last years interest in Neurolinguistic Programming (NLP) has increased rapidly. Neurolinguistics is the study of how language is represented in our brain: that is, how and where our brains place and keep our knowledge of the language (or languages) that we speak, understand, read, and write. It's a science interconnected with psycholinguistics and cognitive linguistics. Neurolinguistic programming is a term founded by psychologists John Grinder and Richard Bandler. Neurolinguistic programming based on such terms as framing and reframing. Framing is a mental structure that is built on the beliefs we have about ourselves, our roles, our circumstances, and about other people. It is a structure we use to attribute meaning to certain circumstances. In other words, the meaning we ascribe to any event is dependent on how we frame it in our mind. As such, our frames shape how we see the world, how we see ourselves, how we view others, and how we interpret our life.

Frames are usually positive or negative, within control or out of control. So, they are either helpful within the context which we are using, or unhelpful. They either expand our possibilities and the opportunities of the situation, or they limit our options moving forward. They are therefore appropriate or inappropriate, good or bad depending on the objectives on our mind.

Reframing involves helping people reinterpret problems and find solutions by changing the frame in which the problems are being perceived. Reframing means to put a new or different frame around an image or experience. So, to reframe something means to transform its meaning by putting it into a different framework or context than it has previously been perceived.

Ricky Mathieson, a yogi master and spiritual guide, provides an explanation for benefits of reframing NLP:

- Reframing NLP helps identify unwanted behavior
- Learn how to effectively communicate with yourself and understand the purpose of these behaviours
- Find additional, more positive, ways to achieve the same outcome
- Reach a new understanding of how your thought processes operate and how they try to assist you
- Reduce your stress levels and maintain control over your thoughts, your emotions and your feelings [1]

Our mind creates our reality. And this can be totally or partly different from original. We all have our own reality based on the original one. Surely, those created realities also differ with each other because of settled by relying on our senses. Below Ricky Mathieson describes this notion broadly:

"…Reframing NLP is a fantastic Neuro Linguistic Programming technique that challenges how we perceive situations in our life. Reframing shows us, that the experiences we have in our lives are not reality, they are our interpretation of reality. Our mind creates our reality and what is one thing to one person, can be something quite different to another." [1] So all depends on our perception of
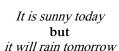
reality. By the example of his words Ricky Mathieson related a story:

"… The following is a very old Chinese Taoist story about an old farmer in a poor, remote country village. This farmer was considered to be well off, as he owned a horse for which he used for transport and for ploughing his fields. One day his horse ran away. All of his neighbours exclaimed at how terrible this was, but the farmer simply said, "Maybe". A few days later the horse returned and brought two wild horses with it. The neighbours all rejoiced at his good fortune, but the farmer just said, "Maybe". The next day the farmer's son tried to ride one of the wild horses and the horse threw him up in the air and broke his leg. The neighbours all offered their sympathy for his son's misfortune, but the farmer again said, "Maybe". The next week, conscription officers came into his village to take young men for the army. They rejected the old farmer's son because of his broken leg. When the neighbours told him how lucky he was, the wise old farmer replied, "Maybe" [1]

This story shows us that the meaning of any event depends upon how we choose to look at it, or how we choose to frame it. The story and the event stays the same, however by changing the frame around the event, we can give it a whole new meaning. This is what is given as reframing. Any event can be given a different meaning, depending on the context we give that event, and that meaning will dictate how we react and feel, rather than the actual experience itself. We also have the ability to take any situation or experience and change its meaning. Any event depends us how to interpret and react it, also, one case can be differently interpreted in several contexts or situations. Even, one sentence might be expressed quite differently using various connective words; Robert Dilts analized and illustrated framing giving examples with the help of conjunctions "but", "and" and "even though". Words not only represent our experience, but, frequently they frame our experience. Words frame our experience by bringing certain aspects of it into the foreground and leaving others in the background. Consider the connective words "but", "and" and "even though," for example. When we connect ideas or experiences together with these different words, they lead us to focus our attention on different aspects of those experiences [2;18]. If a person says, a) "It is sunny today *but* it will rain tomorrow," it leads us to focus more on the concern that it will be raining tomorrow, and to mostly neglect the fact that it is sunny today. So, we think more about the rain coming tomorrow although today the sun is shining bright. b) if someone connects the same two expressions with the word "and" – i.e., "It is sunny today *and* it will be raining tomorrow" – the two events are equally emphasized. In this case, we don't think only about the sun which is shining today or about the rain upcoming tomorrow, we equally accept each part of the sentence. c) if someone says "It is sunny today *even though* it will rain tomorrow," the effect is to focus our attention more on the first statement – that it is sunny today – leaving the other in the background [2;18]. This case leads us to think about only today that the sun is shining and that's enough, we don't pay attention to the tomorrow's rain, we focus on today not tomorrow. Below we can see these examples in illustrated form:

It is sunny today
but
it will rain tomorrow

It is sunny today
and
it will rain tomorrow

It is sunny today
even though
it will rain tomorrow

As we discussed above with the help of simple words as conjunctions we can express our idea which we wanted to impact others. Neurolinguistics is a study which we can dramatically change our or others' opinion or outlook by reframing the situation. Reframing offers us to see something in a new, different way. Reframing helps us to think wider, to look closer, to accept and represent differently.

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