

Cheat Sheet 5 Step Reframe
By Michelle Dixon, trauma release specialist

This sheet helps to review the process after you've done it along with me at least once. It's best to do the process for the first time while following along with my 8 minute video, which is here: <https://vimeo.com/535402171/9ad04e3793> In the video, I give you a great deal more insight and instruction than in this cheat sheet!

To prepare, get comfortable in a seated position and take some even breaths with your mouth open, filling your tummy with air and then emptying it.

1. First, name what is most troubling you. What most troubles / upsets me about my life right now is that

2. Name the emotion that this situation is bringing up for you.

3. Ignite your powers of imagination and turn towards it - as if you're sitting across from an old dear friend who is in pain and is finally telling you the story. How would you sit to receive this confidential sharing? How would your body language be? How can you be really present and listen?

4. Validate the statement of what is troubling, with the same energy and intensity of the emotion being communicated to you: using "you."

5. Turning back to yourself, going inward again, ask yourself, that YOU sitting across from you, how would you rather BE in this situation so that you could heal from it and find peace and joy?

Good luck and lots of love! Michelle xx