

MODULE 5

Reframing

FAMILIES

In this scene Raylee explains to Bradford how she sees his misbehaviour as actually being a result of too much stress on him. That Bradford really isn't a "bad guy". From everything you have learned about reframing. Can you help us clear up some things that have happened in the story so far? Can you help us reframe what happened in this scene? Draw a line from the "**misbehaviour**" to the correct reframed **stress behaviour**.

What other examples can you think of either from Bradford & Raylee's adventure or in your life?

MISBEHAVIOUR

- A) Bradford is being mean to Raylee and blaming her for every wrong turn along the journey.
- B) Bradford is lazy and just cannot be bothered to clean up his office.
- C) The intern ran away on the job and isn't taking things seriously enough.
- D) Raylee went quiet when the Shankarian stress lily was out of the box. She's clearly not as bothered by it as Bradford and the intern.
- E) Raylee cried when Bradford yelled at her because she's not grown up enough.

REFRAMED – STRESS BEHAVIOUR

- 1) Raylee didn't just go quiet, she went into **Freeze**. She was very much bothered by the stress lily.
- 2) Raylee was sent into red brain by Bradford's yelling and she did not have enough energy in the tank to stay in blue brain.
- 3) The intern has just started a new position, has been travelling all day and does not have the energy to deal with the stress lily.
- 4) The smells and sounds of the countryside have used up all of Bradford's energy needed for navigating on the journey.
- 5) Bradford has a lot on his plate and has a hard time keeping on top of his cleaning.

Answers - A-4, B-5, C-3, D-1, E-2