

# REFRAME FOR CONNECTION INSTEAD OF CONFLICT

SWAP FRUSTRATION FOR CONNECTION USING  
TRAUMA-INFORMED COMMUNICATION.



REACTIVE

VS

RESPONSIVE

"Why do  
you  
always  
do  
that?"

"When  
this  
happens,  
I feel [X]  
because  
[Y]."

Underrated  
Superhero



REACTIVE

VS

RESPONSIVE

"You  
never  
listen."

"I feel  
unheard  
when I try to  
share  
something  
important."

Underrated  
Superhero



REACTIVE

VS

RESPONSIVE

"Calm  
down!"

"You're  
safe. I'm  
here and  
listening."

Underrated  
Superhero



REACTIVE

VS

RESPONSIVE

"You're  
being too  
sensitive."

"Your  
reaction is  
valid—let's  
unpack it  
together."

Underrated  
Superhero



# WHAT PHRASES HAVE YOU HAD TO REFRAME IN SESSION?

-  Download the full Reframing Phrase Bank in our Resource Library
-  Available for members or unlock with points.

 FROM THE UNDERRATED  
SUPERHERO

