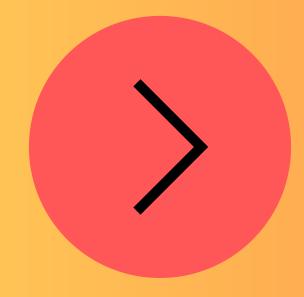
REFRAME FOR CONNECTION INSTEAD OF CONFLICT

SWAP FRUSTRATION FOR CONNECTION USING TRAUMA-INFORMED COMMUNICATION.

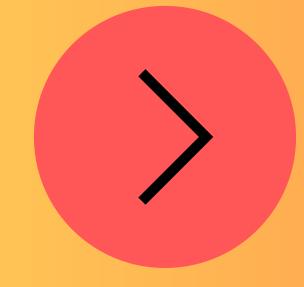




"Why do you always do that?"

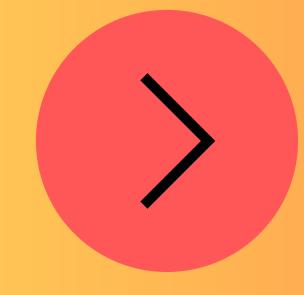
"When this happens, I feel [X] because [Y]."

Underrated Superhero



"You never listen." "I feel
unheard
when I try to
share
something
important."

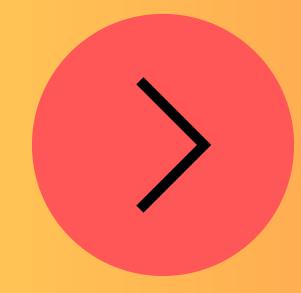
underrated Superhero



"Calm
down!"

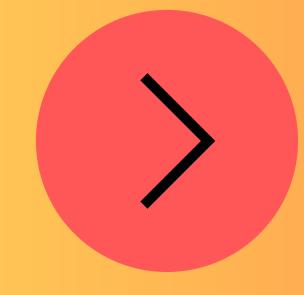
"You're safe. I'm here and listening."

Underrated Superhero



"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





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