

## DAILY READING

### DAY 6

#### Reframing Introduction

Today we will introduce Reframing, which is a fundamental process for working with an issue on a mostly cognitive level.

Once an issue has been identified through Active Listening, Reframing introduces a series of questions to help a person go deeper into an issue.

Reframing Comes from NLP – Neural Linguistic Programming. It was Developed from a study of the most effective healing methods.

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

For Example:

What do you want? *I want to lose weight*

What are you doing to lose weight? *Eating cookies*

How's that working? *Not too well*

Reframing is an excellent way to mentor a person with ineffective behaviors without triggering emotional resistance.

There are many versions of Reframing which we will cover throughout the Omega Point Program.

The following Mentoring Process is a reframing process for providing guidance for a person to think through a problem area in their life.

Like all the processes in this program, it works on the knowledge that the person doing work has all the answers they need inside.

Reframing is a way to “Process” someone through an issue. While a person can do Active Listening without overt permission, it is best to ask permission before “processing” someone. This could be as simple as asking someone you’ve been listening to: “Would it be OK if I ask you a few questions about this?”

## Reframing I - Mentoring Process

Describe a current situation or issue.

What is the data or what are the facts concerning this issue?

How does it show up in your life?

What do you want? (Specific to this situation)

What does \_\_\_\_\_ mean to you?

What would that look like?

How will you know when you have it? (Optional: Do Positive Intent)

What are you doing to get it?

What does that look like? Please be as specific as you can.

How is that working?

How do you know that? Are you getting what you want?

What lessons are you learning from this?

Are you open to taking on a new behavior to get what you want?

What are your choices? (Access inner voice)

Close your eyes, go inside, and stay in silence.

Listen for an inner voice. (Optionally, go to Inner Circle, if available)

Ask a wise, creative or fun part to come forward

Ask if any part of you has some suggestions on a new behavior you could adopt to get what you want.

What alternatives do you resonate with?

Which alternative do you choose?

What's at risk for you to take action on this choice?

What will you gain by taking action on this choice?

What action will you take?

What will you do this week to act on your choice?

Ask for support.

# MENTORS SESSION GUIDE

## DAYS 6 & 7

### INTENTION

- To Introduce Reframing and The Mentoring Process
- To do The Mentoring Process on a major Physical issue
- A is Mentor on Day 6. B is Mentor on Day 7

### CHECK-IN

***Mentor:***

Let's check-in.

As we did last session, please share how you are feeling physically as well as emotionally today.

Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

*[both partners check in]*

### INTRODUCTION: REFRAMING

Today, you will get to experience a healing process which is called Reframing.

Reframing involves taking a person through a step by step process to help them sort out a difficult issue they may be dealing with.

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

For Example:

What do you want? *I want to lose weight*

What are you doing to lose weight? *Eating cookies*

How's that working? *Not too well*

The specific Reframing process we will use today is called The Mentoring Process.

So, I invite you to take a deep breath and allow yourself to relax.

I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.

## **MENTORING PROCESS**

Is there a difficult or complex Physical issue that you may be currently or chronically struggling with?

Please Describe this Situation or Issue.

What is the data or facts concerning this issue?

How does it show up in your life?

What Do You Want? (Specific to this situation)

What does \_\_\_\_\_ mean to you?

What would that look like?

How will you know when you have it?

What Are You Doing To Get It?

What does that look like? Please be as specific as you can.

How Is That Working?

How do you know that?

What lessons are you learning from this?

Are you open to taking on a new behavior to get what you want?

What other behavior choices are you aware of right now?

Are you willing to go inside now to get input from any parts of you or possibly some Spiritual resources you may have?

Close your eyes, take a few deep breaths and exhale slowly.

Allow yourself to become one with your body as you allow yourself to move into a deeper and deeper state of relaxation.

Ask if there is a part of you that has a suggestion on a new behavior you could adopt to get what you want.

You may even want to call forward a fun or creative part of you and maybe a wise and loving part.

Please share what each part says after they are complete.

What alternatives do you resonate with?

Which alternative do you choose?

What's at risk for you to take action on this choice?

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice?

What Actions Will You Take?

What will you do this week to act on your choice?

Is there someone you could ask to support you in this?

## **CLOSURE**

Is there something else you need to feel complete with this for today?

How was that for you?

Thank you.

Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT CALL**

## **HOMEWORK** (for Day 6)

Person B - Please review the Daily Reading for Day 6.

Reminder: Please go to the OPP website: <https://omegapointprogram.com> and click on "ASSESSMENT" at the top of the Home Page. Consider doing the Archetype Assessment in the next few days.

Also, please "REGISTER" there if you haven't already done so.