Cognitive re-appraisal

Whenever we feel angry, anxious or upset, it's usually because of an interpretation we've made about something that happened, or that someone did. The feelings we have are never wrong, but the interpretations that lead to them can often be either incorrect or biased.

Cognitive re-appraisal (Lazarus, 1984) is a collection of several techniques that allow us to change the thoughts we have about people and things, so that we can change our feelings towards them.

Robinson Crusoe

Robinson Crusoe is a book about a man trapped on a deserted island for 28 years. Although lost and alone, he overcame his despair and found motivation to survive.

This technique works by using the word "but" to reframe negative thoughts. Enter your concerns in the MINUS column and reframe them.

Enter your concerns in the vinvos column and retraine them.			
MINUS	PLUS		
I'm on a deserted island and nobody will find me.	BUT I'm alive and I didn't drown!		

Never try to reframe other people's concerns in the style of Robinson Crusoe as they will perceive you are invalidating their feelings.

Perceptual adjectives

The words we use to describe people and events are filled with meaning that can be considered *positive* or *negative*, depending on context (few words are truly neutral).

CAUTIOUS	VS.	OBSTRUCTIONIST
EFFUSIVE	VS.	GRACIOUS
ADVENTUROUS	VS.	RECKLESS

Now you try. Think of adjectives you have recently used to describe something or someone and find a different spin.

V S.
Vs.
V S.
V S.
V S.
VS.

Perceptual positions

Our point of view has a lot to do with how we perceive an interaction or an event. Consider a challenge you're facing from the following perspectives.



