

## My Treasure Chest VI

### Positive Reframing - Exercise

**Replace the negative connotation from the first sentence by replacing it by a more positive phrase.**

1. The brain seeks the shortest path: it is *lazy!*  
The brain seeks the shortest path: it is **efficient!**
2. The child talks all the time: he's a *chatty Cathy!*  
The child talks all the time: he \_\_\_\_\_
3. The director makes a lot of mistakes: she's *brainless!*  
The director makes a lot of mistakes: she \_\_\_\_\_
4. The employee is always late: he's such a *jerk!*  
The employee is always late: he \_\_\_\_\_
5. Children scream all the time in the schoolyard: they are *tiring!*  
Children shout all the time in the schoolyard: they \_\_\_\_\_
6. I don't want to do much today: I'm so *lazy!*  
I don't want to do much today: I'm \_\_\_\_\_
7. I hate to clean up: I'm so *selfish!*  
I hate to clean up: I \_\_\_\_\_
8. Doris never lets go: s/he is so *stubborn!*  
Doris never lets go: s/he \_\_\_\_\_
9. Danielle is afraid of everything: she's so *paranoid!*  
Danielle is afraid of everything: she \_\_\_\_\_
10. My father wants to know everything: a true *gossiper!*  
My father wants to know everything: he \_\_\_\_\_
11. Suzette follows me everywhere: she's so *sticky!*  
Suzette follows me everywhere: she \_\_\_\_\_
12. I have nothing to do today: the day is so *boring!*  
I have nothing to do today: \_\_\_\_\_

**See below for suggested answers.**



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### Suggested answers

**Note the softer tone, more neutral, more empathetic, more filled with compassion - even love!**

1. The brain seeks the shortest path: it is lazy!  
The brain seeks the shortest path: it is **efficient!**
2. The child talks all the time: s/he's a chatty Cathy!  
The child talks all the time: s/he's **expressive!** / s/he is **full of energy!**
3. The director makes a lot of mistakes: s/he's *brainless!*  
The director makes a lot of mistakes: s/he must be **preoccupied!** / **have a lot on their mind!**
4. The employee is always late: s/he's such a jerk!  
The employee is always late: s/he must be **disorganized** / s/he must **have a lot going on.**
5. Children scream all the time in the schoolyard: they are *tiring!*  
Children shout all the time in the schoolyard: they **overflow with energy!**
6. I don't want to do much today: I'm so *lazy!*  
I don't want to do much today: I'm **not feeling great** so I'll just rest!
7. I hate to clean up: I'm so *selfish!*  
I hate to clean up: **I don't like doing that task** (and it's my right not to!).
8. Doris never lets go: he/she is so *stubborn!*  
Doris never lets go: he/she is so **persevering!**
9. Danielle is afraid of everything: she's so *paranoid!*  
Danielle is afraid of everything: she's **vigilant, prudent** and **careful.**
10. My father wants to know everything: a true *gossiper!*  
My father wants to know everything: he's **curious by nature...** a **true student of life!**
11. Suzette follows me everywhere: she's so *sticky!*  
Suzette follows me everywhere: she's so **endearing** / she must **hold me in high regard!**
12. I have nothing to do today: the day is so *boring!*  
I have nothing to do today: **I'll find something interesting** to do today!

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