



Reframing Rating Scale

Rating Scale	State of Mind	Reframing Statement
9- 10: Thrive	Love and gratitude are constantly present inside of me, regardless of what's happening on the outside. I find great joy in proactively creating my life the way I want it.	I'm grateful for everything that happens in my life and use all of my experiences for personal growth. My decisions are guided by my vision and intention for my life. While, like everyone, I have an occasional bad day or down period, overall I'm optimistic and feel good about my life.
7-8: Enjoy	I'm actively using my past experiences as information to grow; I see my challenges as opportunities. I'm excited about what's next.	Even though life isn't perfect, I know how to work with myself to find the gifts and blessings in every experience. I acknowledge that I have some power over how I feel. I'm willing to take responsibility for nurturing my optimism by taking positive, self-supporting actions.
5-6: Engage	I see the value in using my past experiences to grow. I'm intentional about making positive changes; I'm optimistic about what's next.	Even though I still have many hard days, I'm supporting myself in making positive changes. I've decided that I'm willing to seek out, learn and apply ideas for how to feel better. I acknowledge that I'm in a process that actively helps me feel more optimistic.
3-4: Persevere	I'm hanging in there and feel I'm doing pretty well in spite of all that's happened. Sometimes, I feel stuck, but sometimes, I see a glimmer of hope for change.	Even though I'm not yet where I want to be and I'm not feeling particularly optimistic, I'm willing to acknowledge that I can feel better. Even though I don't know how it will come about, I'm willing to decide that I will feel better at some point.
2: Endure	I feel like my options are limited. I'm often anxious, sad and/or mad and I'm uncertain about how to change that. I feel stuck.	Even though it seems like I'm always going to feel this way and right now I doubt things can change, I'm willing to acknowledge that there's a possibility that I can feel better. Even though I don't know how it will come about, I'm willing to allow myself to feel better.
1: Survive	Anger, grief, blame and/or fear are constantly present. Life is hard and I've had bad luck in relationships. I feel powerless to change.	Even though I'm miserable right now and feel that there's no way out, I'm willing to begin to acknowledge that there's a possibility that I can feel better. Even though I don't know how it will come about, I'm willing to open myself to that possibility.