



PERCEPTION

RETHINKINGS

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REFRAME NOTES

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Reframe notes

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Аннотация

Reframe records: Turning Pain into Power. The book offers short, clear stories that transform trauma into stories. This versatile toolkit is a lifeline to age- and role-specific understanding. Whether you're looking for solace, strategies, or inspiration, Reframe records turns wounds into wisdom. Perfect for everyone, therapy, or reading before bed, it is a catalyst for transformation. Embrace the journey from surviving to thriving. Your story is not finished – it is DEVELOPING!

Содержание

Introduction	5
How to use this book?	10
The psychology of reframing	14
Note 1. The mystery of natural aspects	18
Note 2. From tragedy to triumph: a journey of healing	23
Конец ознакомительного фрагмента.	25

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Introduction



Welcome to REFRAME NOTES, a compelling collection of short stories that explore the power of perspective. Each story delves into everyday situations in which characters face challenges, conflicts, or moments of self-discovery, and through a subtle shift in perspective, they find new meanings and solutions. Following the fast pace of our lives and forms of smiley-message communication, the chosen format of the short stories – «RECORDS» immediately reflects the basis of the problem and solutions to the situations. So, what? Let's get right down to business

Consider the major themes and concepts of this book:

Change of perspective: each story illustrates how a simple change of perspective can transform a character's understanding of their circumstances.

Resilience and growth: characters often become stronger and more self-aware after reframing their situations, emphasizing the theme of personal growth through adversity.

Relatable situations: the stories are based on everyday life, making them relatable to a wide audience. Readers can see reflections of their own experiences in the narratives.

«REFREME NOTES is not just a book of short stories; it is an invitation to readers to rethink their own lives and the stories they tell themselves. Through engaging storytelling, it encourages a shift in thinking that can lead to personal transformation. Whether you are looking for inspiration or just a good read, this

book offers both in abundance.

Reframing is a psychological tool that allows you to change your perception of a situation, which can lead to positive changes in thinking and behavior.

In the book REFRAME NOTES, reframing fulfills several key purposes:

1. Transforming negative experiences. The main purpose of reframing is to help readers transform negative reactions and traumas into positive lessons and stories. This allows them to realize that even a difficult moment can lead to development and emotional growth.

2. Strengthening emotional resilience. Reframing helps to establish emotional resilience by encouraging readers to find alternative perspectives on their problems. This supports coping and self-confidence measures.

3. Stimulating self-reflection. Each story in the book provides an opportunity for self-reflection. Reframing considers reading about natural settings and how they can change their attitudes, leading to a deeper understanding of themselves.

4. Empathy building. Reframing is empathy building activities, so readers can better understand and take action to support others. This is important for forming healthy relationships and support among peers or in normal interactions.

5. Finding Meanings and Purpose. As a result of rethinking, readers can find meaning and purpose in their relationships. This can help move toward a more positive outlook and strengthen

relationships and acceptance of new things.

The purpose of reframing in REFRAME RECORDS is to help readers not only deal with psychological traumas, but also to reach new perspectives that enrich their life experiences. Reframing becomes personal growth and emotional healing, which is especially important not only in adolescence but also in everyday life for all of us.



How to use this book?

«REFRAME NOTES» is a collection of short reframing stories that delve into the complex journey of adolescence and the psychological traumas that can accompany it. This book serves as a tool for understanding and transforming complex experiences into stories of resilience and growth. This book is intended for a wide range of readers and can be useful in a variety of contexts. «REFRAME NOTES» will be useful for:

Adolescents going through difficult times in their lives can find comfort and understanding through stories that reflect their own experiences. The book will help them to make sense of their emotions and learn to cope.

Parents who want to better understand their children and their experiences during adolescence will find the book provides useful insights on how to support their children through challenging times. The stories can serve as a basis for open conversations about feelings and experiences.

STAFF IN EDUCATION. Teachers and school counselors can use REFRAME RECORDS as a resource for working with adolescents. The book can help facilitate conversations about mental health, emotional intelligence, and coping skills.

PSYCHOLOGISTS AND COACHES. Mental health professionals can use stories as a tool for therapy. They can discuss the experiences of the characters with clients, helping

them to find analogies and ways of overcoming their own difficulties.

ANYONE INTERESTED. Anyone interested in the topic of adolescence, childhood trauma and psychology can find useful ideas and inspiration in the book. The stories can serve as a source of motivation and hope for anyone facing difficulties.

This collection provides a universal approach to understanding and overcoming adolescent psychological trauma. No matter what group you belong to, this book can be a valuable source of support and inspiration.

Here's how to make the most of it:

Get involved in the stories.

Each story in **REFRAME NOTES** features fictional characters and scenarios that reflect common teenage struggles. As you read, take time to reflect on the emotional journeys of the main characters. Consider how their challenges reflect or differ from experiences you or others around you may have faced.

Reflections on themes.

After each story, pause to reflect on the main themes. Each narrative is designed to highlight key psychological concepts such as identity formation, peer pressure, and the impact of trauma. Record your thoughts and ideas in a journal to deepen your understanding.

Apply reframing.

The essence of this book is reframing negative experiences into positive narratives. After reading the story, try to identify

the reframing techniques used by the characters. Ask yourself:

- How did they change their point of view?
- What coping strategies did they use?
- How can I apply such methods to my own life?

Discuss with others.

Consider sharing your thoughts and reflections with friends, family or a support group. Discussing these stories can foster empathy and understanding, helping to create a supportive environment for those facing similar challenges.

Utilization as a resource.

«REFRAME STORIES» can also serve as a resource for educators, counselors, and parents. Each story provides a springboard for discussions about emotional well-being, resilience, and the importance of mental health in adolescence. Use them to inspire conversations and workshops Embrace the journey

Remember that the journey through adolescence is unique to everyone. Use REFREME NOTES not only as a reading experience, but also as a guide to embracing your own story. Each reframe is a reminder that healing is possible, and growth can emerge from the most difficult experiences. Enjoy your journey through REFREME NOTES, and may these stories inspire you to find strength and hope in your own life!



The psychology of reframing

A bit of terms, context and very brief. A very important piece for working on yourself and in general for those who are immersed or already in psychology.

Reframing is a powerful psychological technique that involves changing the way we perceive a situation or experience, thereby altering its meaning and our emotional response to it. In Reframing Psychology, we will delve into the basic principles of reframing, exploring its roots in cognitive psychology and its application in everyday life.

Understanding reframing: at its core, reframing is a matter of perspective. It shifts our attention from negative interpretations to more constructive ones. For example, seeing failure not as a setback but as an opportunity for growth can lead to more resilient behavior and positive thinking. Psychology has different concepts and terms. Consider some of them for understanding and further appreciation of reframing stories.

Cognitive distortions: reframing helps identify and correct cognitive distortions – negative thought patterns that can cloud judgment and cause feelings of inadequacy.

Cognitive restructuring is a powerful psychological technique used to identify and challenge negative thought patterns. This method helps people reframe their perceptions and beliefs, leading to healthier emotional reactions and behaviors.

By recognizing distorted thoughts, people can replace them with more balanced and rational perspectives.

Mindset: adopting a growth mindset, as opposed to a fixed mindset, facilitates the practice of reframing, allowing people to view problems as learning opportunities.

Reframing works through a variety of psychological mechanisms:

- **Cognitive flexibility:** the ability to adapt one's thinking to new and unexpected situations. This flexibility can improve problem-solving skills and adaptability.

- **Emotional regulation:** by changing our interpretation of situations, reframing can help manage emotions, reducing the stress and anxiety associated with negative events.

Practical Application Reframing can be applied in numerous contexts:

- **Therapeutic Settings:** therapists often use reframing as a tool to help clients change their perspectives on traumatic experiences or chronic problems.

- **Personal development:** people can use reframing techniques to improve self-esteem and relationships by viewing conflict or criticism in a new light.

And the visualization? Will there be? How could there be without it! Visualization techniques play a crucial role in cognitive restructuring by providing practical and creative ways to change negative thoughts. Here are some effective visualization techniques:

1. **Success Imagery:** Visualize yourself successfully overcoming difficulties or fears. This method encourages positive thinking and builds self-confidence

2. **Visualize a safe place:** create a mental image of a safe, calming environment where you can take refuge when you feel overwhelmed. This can help reduce anxiety and promote relaxation.

3. **Visualize yourself in the future:** imagine yourself achieving personal or professional goals in the future. This method helps develop a growth mindset and motivates people to take actionable steps to achieve their goals.

4. **Thought Replacement:** imagine a negative thought as a tangible object (e.g., a dark cloud) and then visualize its transformation into something positive (e.g., a bright sun). This method helps you recognize the transitory nature of thoughts.

5. **Role reversal:** Imagine giving advice to a friend or loved one who is experiencing the same negative thoughts. This can help you gain perspective and reframe the situation more objectively.

Using these visualization techniques, in cognitive restructuring, can improve the rethinking process by making it easier to move from negative to positive thinking patterns. By integrating these techniques into daily practice, people can develop more resilient and optimistic thinking.

Methods for effective reframing:

1- **Identify negative thoughts:** pay attention to negative internal dialogue and recognize when unhelpful thoughts arise.

2 Challenging assumptions: question the validity of these thoughts. Are they based on facts or assumptions?

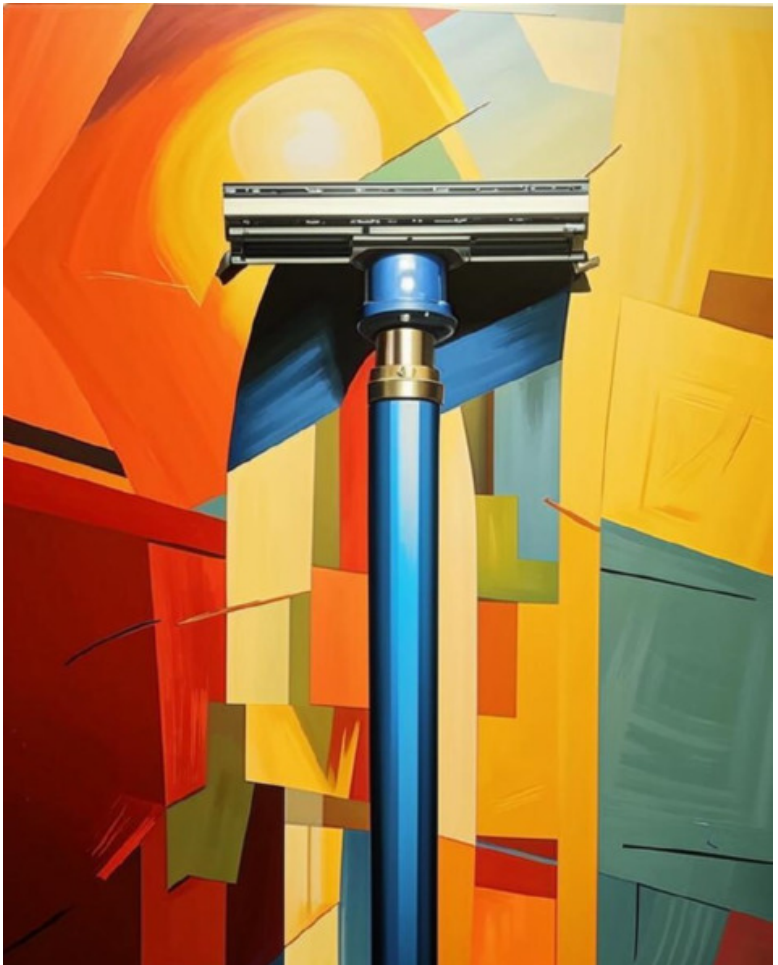
3 Explore alternatives: consider different points of view. How might someone else view this situation?

4. Focus on solutions: Instead of dwelling on problems, shift your attention to potential solutions and positive outcomes.

5. Practice gratitude: recognizing what you appreciate about a situation can help shift your perspective toward the positive.

Reframing is a vital skill that can transform our emotional landscape and improve our overall wellbeing. By consciously practicing reframing techniques, people can build resilience, improve their mental health and develop a more positive outlook on life.

Note 1. The mystery of natural aspects



Once upon a time, in the small town of Kipacz, there lived a teenager named Alex. Like any average teenager, Alex had his fair share of insecurities and struggles at the same time, but there was one thing that bothered him more than anything else: shaving in front of his parents.

It all started when Alex hit puberty and began to notice sprouting hair on his face. While his friends embraced this new milestone with joy, Alex felt embarrassment and discomfort. The mere thought of shaving in front of his parents filled him with anxiety.

One evening Alex was watching something on the internet and came across a video on psychology. He was interested in the topic and the way different situations were simply explained, after listening some more he decided to ask his question and was answered.

To understand the underlying cause of Alex's peculiar aversion, a famous psychologist, Dr. Olga Jones, came to the rescue. Dr. Jones believed that the key to unlocking Alex's mystery lay deep in his subconscious.

In the first session, Dr. Jones delved into Alex's childhood memories looking for clues that might shed light on his phobia of shaving. As they explored his past, an important event surfaced from the depths of Alex's mind.

When Alex was a young boy, he accidentally stumbled upon his father shaving in the bathroom. Caught off guard by his

father's unfamiliar appearance without a beard, Alex burst into uncontrollable laughter. His father, though slightly embarrassed, joined in the laughter, turning the situation into a playful moment of bonding.

As Alex grew older, however, the innocent laughter turned to shyness. He was afraid that shaving would expose his vulnerability and make him feel like a little boy again. The thought of his parents seeing him in such an intimate place felt like a loss of newfound independence.

Dr. Jones recognized that Alex's fear of shaving in front of his parents stemmed from a desire to appear mature and independent. Together they developed a plan to help Alex gradually overcome his fear.

In subsequent therapy sessions, the psychologist encouraged Alex to openly explore his feelings with his parents. She helped him express his fears and concerns and helped his parents understand the emotions underlying his aversion.

Alex's parents, who were always supportive, listened carefully to their son's experiences and assured him that they respected his need for privacy. One day they deliberately knocked on the bathroom door before entering and gave him the opportunity to develop his independence.

Over time, Alex began to feel more comfortable within himself, within his boundaries. He realized that shaving was a personal choice, not something that defined his maturity or independence. With the support of his parents and the guidance

of Dr. Jones, he gradually overcame his fear of shaving in front of them.

As the therapy sessions continued, Alex began to understand himself and his emotions more deeply. He discovered that vulnerability and openness are not signs of weakness, but rather natural aspects of human connection.

With newfound confidence, Alex moved forward with his life, embracing the challenges and changes that came his way. This experience taught him the importance of self-acceptance and understanding, both within himself and in his relationships with others.

So the story of Alex, a teenager who was embarrassed to shave in front of his parents, became a story of personal growth, self-discovery, and the transformative power of understanding and acceptance.



Note 2. From tragedy to triumph: a journey of healing

Once upon a time, in a quiet suburban neighborhood, there lived an inquisitive teenager named Alex. Alex was known for his deep love and unwavering bond with his faithful companion Max, a friendly and energetic golden retriever. They were inseparable, exploring the world together step by step.

One fateful day when Alex and Max were strolling down familiar streets as usual, tragedy struck. In a split second, a speeding car came around the corner and collided with Max, who was caught off guard. Alex's heart dropped as he witnessed the horrible accident unfolding before his eyes.

After this disturbing event, Alex found himself struggling with overwhelming emotions. He was overwhelmed by grief, guilt, and a deep sense of loss. The once bright colors of his world faded, leaving him in a state of darkness.

However, in the depths of despair, Alex discovered the power of psychological reinvention. With the support of his family, friends, and a compassionate therapist, he embarked on a journey of healing and transformation.

Instead of allowing himself to feel guilt, Alex chose to reframe the tragic incident as a testament to the deep love and bond he shared with Max. He realized that the accident was out of his

control and that blaming himself had no purpose other than to prolong his pain.

Alex began to focus on the beautiful memories he had created with Max. He celebrated their adventures, playful moments, and the boundless happiness they shared. He channeled his grief into creating a memorial to Max in honor of their unbreakable bond.

Through therapy, Alex also learned how to cope with his emotions and find comfort in supporting others who have experienced similar losses. He discovered that grief is not a linear journey, but rather a complex and individualized process that requires time, patience, and self-compassion.

Конец ознакомительного фрагмента.

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