**Practice Activity: Reframing**

Think of a problem you are currently having. Usually problems have names and faces. Think of a real situation with real people that is currently a problem for you. Jot down some notes for yourself.

1. Describe what happens in the problem situation in specific behavioral terms. Who does what? When do they do it? Who else is involved?

2. How do you usually respond to the problem behavior, and what is the usual result?

3. What is your current explanation of why the person behaves this way?

4. What positive alternative explanations might there be for this behavior?

5. Based on one of your positive alternative explanations of the person’s behavior, how could you respond differently than you have previously? What might you actually say or do based on one of these alternative explanations?

Activity from Changing Problem Behaviors in Schools Alex Molnar & Barbara Lindquist, Jossey-Bass, 1989