

# subtle-arts

## Reframing Your Experiences

You don't see life as it is...you see life as you *are*. - Goethe

Describe an upsetting situation from your point of view...

Pause - take 3 deep breaths

Now describe what is actually happening (as in, what are the FACTS...)

What stories or emotions unnecessarily charged the situation?

Remove these emotional attachments and consider the situation again.

**Move forward.**