

CHRIS CARDELL'S  
**FREEDOM**

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THE POWER OF  
**ADVANCED  
THINKING**

The background features a dark blue field with a pattern of lighter blue chevrons pointing to the right. Several horizontal streaks of light, in shades of blue and orange, are visible at the bottom of the frame.

# **DISSOLVING PROBLEMS OVERCOMING STRESS AND ANXIETY**



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# MIND EDITING

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# CHANGING MEANING

# Context: When someone doesn't reply to a message or call right away.

- **Negative Meaning:** “They’re ignoring me because they don’t care about me.”
- **Positive Meaning:** “They’re probably busy, and it’s not personal.”

# Context: When receiving constructive criticism at work.

- **Negative Meaning:** “I’m not good enough for this job.”
- **Positive Meaning:** “This feedback is helping me grow and improve my skills.”

**Context: After missing a workout or making an unhealthy food choice.**

- **Negative Meaning:** “I have no self-discipline.”
- **Positive Meaning:** “One setback doesn’t define me; I can get back on track right now.”

# Context: When facing a setback or failure in life.

- **Negative Meaning:** “I’m a failure, and I’ll never succeed.”
- **Positive Meaning:** “This is an opportunity to grow stronger and smarter.”



# REFRAMING MEANING

# 1. Pick an area of your life you're not happy with

- What meaning are you associating to this issue?
- **Example:** “I failed this exam, which means I’m not smart enough.”

## 2. Identify the Underlying Belief/Assumption

- Pinpoint the belief or assumption driving the current meaning.
- Ask: “What belief is making me see it this way?”
- **Example:** The assumption might be, “If I fail, it means I lack intelligence.”

### 3. Challenge the Belief/Assumption

- Question the validity of this belief:
  - Is it absolutely true?
  - Are there alternative explanations?
  - Can you think of exceptions?
- **Example:** “Does failing one exam really define my intelligence?”

## 4. Create an Alternative Belief/Assumption

- Develop a new, empowering perspective based on a different interpretation of the situation.
- Consider the positive aspects, hidden opportunities, or a broader context.
- **Example:** “This exam showed me where I need to improve, which can help me perform better next time.”



## 5. Choose the New Meaning

- Consciously adopt the new frame and accept it as a valid way to interpret the situation.
- Ensure the new frame is:
  - Credible (believable to you).
  - Empowering (helps you feel more resourceful).
- **Example:** “This experience is a learning opportunity, not a verdict on my intelligence.”

## **6. Future Encode the New meaning. Imagine living your life with this new meaning**

- 1.** Pick an area of your life you're not happy with
- 2.** Identify the Underlying Belief/Assumption
- 3.** Challenge the Belief/Assumption
- 4.** Create an Alternative Belief/Assumption
- 5.** Choose the new Meaning
- 6.** Future Encode the new Meaning

## **The Short Version:**

Just come up with a new meaning by asking the question: What else could this mean?

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# LOOPING FEELINGS

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# BREATHING/ SOFTENING



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# DISASSOCIATION

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# EXPECTATIONS

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**ACCEPTANCE**