Title: Optimism framing

Exercise Code: SLINTEGRA016

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| Modules: | Group size: | Duration: |
| 6. Problem Solving Strategies  11. Reflection & Evaluation | Small group  Large group | 30- 45 min |

# Purpose:

* The ability of consciously redirecting one’s attention
* The ability to recognize the possibility of making choices
* Reframing negative experience with positive one

# Description:

The exercise of redirecting one’s attention can be done with internal or external world, with the past, the future etc. We can also move from one room to another. The only important thing is to be aware that WE are the ones redirecting the attention to anything we want. The ability of redirecting our attention can free us of many known and widely established habits (the ability of centering, the ability to recognize the possibility of making choices and decisions).

**Step 1**: Visualization. With your eyes shut imagine a yellow triangle. Make it appear on a white canvas. Don't worry about the quality of your visualization.

**Step 2:** Besides the aforementioned yellow triangle imagine a red one as well. Now, join both triangles in your field of vision.

**Step 3**: Start redirecting your attention from one to the other. First, direct your attention to the yellow triangle - now you should see only this one. Then direct the attention to the red one - now you should see the latter.

**Step 4**: Repeat the procedure of redirecting your attention from one triangle to the other a few times and try to be aware of your ability of deliberately switching from one to the other.

**Step 5**: Now that you have grasped the concept of redirecting your attention, instead of triangles, try to imagine two different situations - a pleasant one and an unpleasant one. First, try to imagine the latter in detail - experience it with all your senses: be part of it. Then, redirect your attention to the pleasant situation and experience it to the greatest detail and as much as possible. Now redirect quickly your attention from one situation to the other and conclude with the positive one. (This exercise can also be used as the exercise of making choices).

**Step 6**: A short group debate follows during which the participants exchange their opinions; the leader (trainer/teacher) encourages and directs the dynamics of the conversation by asking questions about the meaning of redirecting one’s attention and about deliberate and conscious choices such as:

* Was I able to direct my attention to the object/picture?
* Was I able to keep my concentration?
* Was I able to replace the existing picture, to substitute it?
* Was I aware of my inner feelings while redirecting my attention?
* How do I feel now that the exercise is over?

# Material: /

# Methods:

Experiental learning. Discussion

# Advice for Trainer:

The leader/trainer should first try out the exercise himself/herself. On the basis of the situation he/she chooses (past-future, negative-positive experience, making choices etc.) he/she prepares the questions to be asked during the debate.

# Source/Literature:

\*Sonja Bercko inspired by Roberto Assagioli, Pierro Ferrucci

Ferrucci, P.(2006). Power of Kindness.New York: Penguin Group.

Assagioli.R., Ferrucci, P. What we may be. New York: G.P.Putnam Sons

# Handouts: /