



Northeastern Family Institute

Bringing Vermont Children, Families, and Communities Together

The Family Center: Outpatient Mental Health

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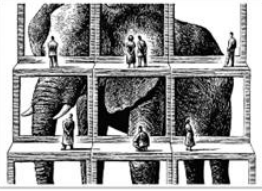
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Most Common Reframes: Developing a “Second Theory”

Observable Behavior (examples)	Youth’s Experience (what they have experienced about themselves)	Reframe (second theory) “surprise their mistrusting brains”	Examples of Adult Response (second theory)
Defiance/Resistance/Refusals: <ul style="list-style-type: none"> ✓ “I won’t”, “No” ✓ “This is stupid” ✓ Head down on desk 	Helplessness Feeling unsafe I don’t trust you can help I am alone I am stupid I am not capable	Determined Strong-willed Self-protective Tough Independent Setting a personal boundary Self-advocate	<ul style="list-style-type: none"> ✓ “I can see how important it is to follow your instinct” ✓ “You are very clear about what you need” ✓ “You are trusting what your body needs” ✓ “It sounds like you need to listen to yourself and not me”
Threats <ul style="list-style-type: none"> ✓ “I will ____ you” ✓ If you don’t” 	I am unsafe I am powerless I feel vulnerable	Desires safety and security Being in charge Setting a firm limit Knowing what you need	<ul style="list-style-type: none"> ✓ “It is important that you feel in charge right now” ✓ “You are being very clear about your needs” ✓ “You really need me to back off”
Avoidance/Passive <ul style="list-style-type: none"> ✓ Head down on desk ✓ Wandering around ✓ “I can’t do this” ✓ “Help me” 	I am not competent I am worthless I am helpless Why should I even try if I know I will fail	Decisive Self-aware Self-advocate Aware of needs Clear about what you can/can’t do Independent	<ul style="list-style-type: none"> ✓ “I can see that you might be worried about ____” ✓ “You seem to be trusting what your body is telling you” ✓ “It makes sense that...”
Impulsive/Talkative: <ul style="list-style-type: none"> ✓ Blurting out ✓ Grabbing 	I am not important I am not seen I am alone	Eager/Helpful Passionate Wants to be heard/ seen Persistent Spontaneous Daring Energetic	<ul style="list-style-type: none"> ✓ “I like how eager/helpful you are...can I help you use that by...” ✓ “I notice how important it is for you to participate/show me how ____ you are” ✓ “This is really important to you”





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Demanding	You don’t care about my needs Only I will meet my needs I am not important	Clear about needs Passionate Intense Self-agency Decisive	<ul style="list-style-type: none"> ✓ “I can see how critical it is to do things your way, you are really clear about that…” ✓ “I like how strong your opinions are, lets figure out how to do that by”
Unmotivated/“Lazy”/Uncaring <ul style="list-style-type: none"> ✓ I can’t/won’t do this ✓ This is stupid ✓ Whatever 	I feel vulnerable I am not important Whatever I do fails I am helpless	Independent minded Good at self-protection Careful Cautious Clear about strengths/challenges Understanding limitations	<ul style="list-style-type: none"> ✓ “I notice how clear you are about your own challenges…letting me know clearly the obstacles” ✓ “Glad you are giving us a chance to figure this out together” ✓ “You seem really good about communicating your needs/preferences”
“Manipulative”/ Attention Seeking	I am insecure and uncertain I need you I must get my needs met I don’t trust I will get what I need	Connection seeking Validation seeking Self-advocating	<ul style="list-style-type: none"> ✓ “You really want me to know what you need” ✓ “ I like how you are practicing ways to communicate/be clear with me” ✓ “I sometimes worry that you think you can’t be direct about your needs”
Running/Eloperment	Powerless Passive to active What I am trying is not working I am in danger here	Second Plan Flexible Decisive Paying attention to body needs Good at taking action to help yourself	<ul style="list-style-type: none"> ✓ “You trusted what your body needed” ✓ “You really needed a break from…” ✓ “I noticed you took care of yourself the way you thought best”
Bossy/Controlling/In-charge	I have no power I am vulnerable	Clear Decisive Bold/determined Trusting yourself	<ul style="list-style-type: none"> ✓ “You are really clear about what is best for you” ✓ “I bet it feels better to know you are making the decisions”