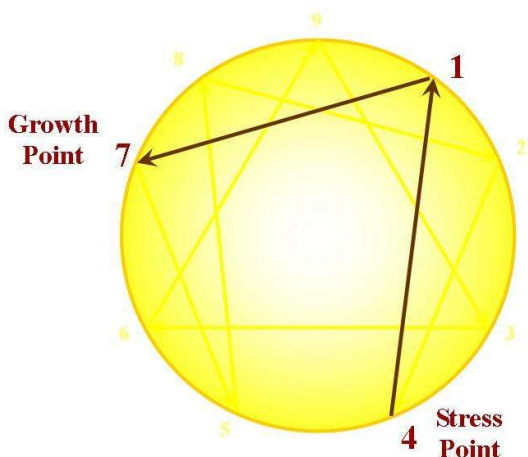


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### **Type One: The Perfectionist**

*Perfectionist, Principled, Orderly, Self controlled, Purposeful, Self righteous*

<b>Triad</b>	Instinct – Under-expressed aggression View anger as a flaw in their character and attempt to control it.
<b>Energy Level</b>	Compliant to their ideals and beliefs – Things must be done right
<b>Sense of Self</b>	I am a reasonable person
<b>Need</b>	To be right and to have integrity
<b>Fear</b>	Being wrong or defective
<b>Achieving Goals</b>	It must be done perfectly
<b>Growth Point</b>	Seven
<b>Stress Point</b>	Four
<b>Examples</b>	Mahatma Gandhi, Hillary Clinton. Al Gore, Celine Dion
<b>Thoughts</b>	<ul style="list-style-type: none"> <li>• “I’m usually right. The world would be a better place if people can just listen to what I tell them”</li> <li>• “I’m my own worst critic”</li> <li>• “I tend to gauge things in terms of right and wrong, good and bad. Everything is clear”</li> <li>• “I like to be organised and prefer to have things in order”</li> <li>• “I’m quick to notice things that are out of place”</li> </ul>

## REFRAMES

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Along with frames, there are also reframes. Setting a frame gives a meaning to an experience, so a reframe changes the meaning. For example, imagine you were given an extremely tedious and challenging project by your boss. As you read the requirements, you start wondering how much time and effort you'll need. Then you see the deadline and realise that it is due in two days!

You start panicking and get down to work immediately, thinking that you will probably not get any sleep till the project is done. Then suddenly, your boss calls you and says that if you do a good job with this project, he will give you a raise and a promotion.

Now you start to get excited, and you tell yourself you have to get this job done. With renewed determination, you start making plans on the next steps to take.

The project still needs to be done. However, the frame has changed. Instead of perceiving it as a chore that you didn't want, you now view it as a huge opportunity to prove your worth. It is now your ticket to a raise and promotion!

That is what reframing is all about. By changing the frame of reference, you allow yourself or others to experience from a different perspective, and become potentially more resourceful and empowered.

In fact, reframing is going on around us every day. Jokes are one of the most common reframes around. Usually, you are guided to think in a particular frame, then the frame changes and you laugh because the change in meaning or context creates humour. An apology or an excuse is also a form of reframe as it creates a different meaning or context to your behaviours.

There are two approaches to create a reframe, the first is a content approach, and the other is a context approach.