

Becoming an Evocative Coach Practice Guide
Chapter 4: Activity 6

Activity 4.6 Reframing Causal Attributions: After recalling a real conversatin in which you heard someone make a judgement, write down the causal attribution that was expressed. Then create an empathetic reframing of the primary feeling and underlying need. The "Reframing Causal Attribution" Table in Chapter Four will be useful in completing this activity.

Causal attribution heard:

Empathetic reframing:

Often we react to expressions of frustration with sympathy or problem solving. This is an oppportunity for authentic practice of a new way of responding.

Causal attribution heard:

Empathetic reframing: