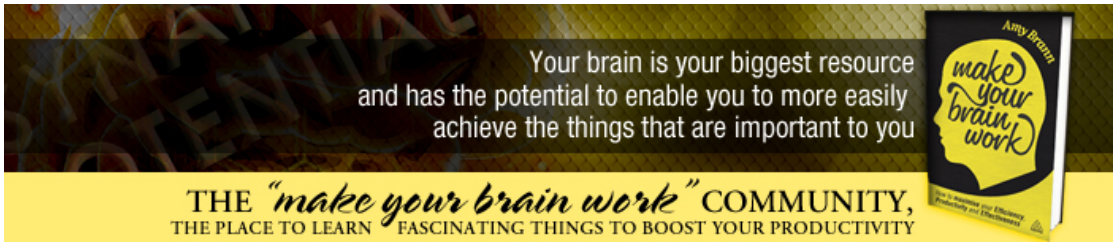

Labelling Tendencies

We all have tendencies to label things in certain ways. Some of these labels are helpful, others not so much. Considering some of the classic ways you frame things gives you an opportunity to objectively decide how useful they are to you or if you'd like to change them.

Label	Refocus	Reframe	Revaluate