



# Reframing: Neuro-Linguistic Programming and the Transformation of Meaning

*Richard Bandler, John Grinder*

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The meaning that any event has depends upon the "frame" in which we perceive it. When we change the frame, we change the meaning. Reframing is not new. Reframing appears widely in the therapeutic process. An "all-purpose" method of reframing, called "six step" reframing, was developed by Bandler and Grinder, and already appears in print in *Frogs Into Princes*. What is new in this book is an explicit description of the basic structures of reframing, and the presentation of several additional models of reframing. This book presents specific step-by-step techniques to implement these models, as well as ways to determine which model is most appropriate for a particular problem situation.

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