

Reframing

Search for the good aspects of it, or, failing that, look at it from a wider perspective: How does it compare to a woman who has just lost her children in an earthquake or flood?

My thirteen-year-old, Nathaniel, dropped a mug on the kitchen floor and it broke, I, completely lost it.

'The kid is spoiled to death, he just doesn't realise that things cost money, he just doesn't give a damn. He thinks I'll clear up after him, buy everything that's necessary and just act as his slave. Well, it's about time he learned a lesson.'

I suppose I could possibly reframe the incident as another small part of Nathaniel's development, in that he learns that when you make a mistake, even a small one, like breaking a mug, you have to rectify it — in this case, sweep up the pieces.

Or I suppose I could look at it from a completely different perspective: I.e. how would a mother stuck in a basement in the Ukraine with little water and food, while her town is bombarded by Russian soldiers, view my anger at Nathan for dropping and breaking a mug?