

**REFRAMING DESIRE
FACTS AND FUN PRACTICES
WEEK 5 – FEBRUARY 19, 2016**

We are driven by our desires. Through our subconscious, our desires interplay and overlay. Sometimes they reinforce one another; other times they negate one another. Desires that are closer in time are sensed more strongly, just as objects that are closer look bigger. Immediate desires can end up getting precedence over longer-term desires. For example, the desire for comfort sometimes shuts down our pursuit of curiosity and sustained effort. By changing our attention, we change the relative strength of our desires. When we visualize something in our imagination, we bring it closer. Through present imagination, we make even the playing field between “instant-gratification, low-value” desires and longer-term, high-value desires. This is called “reframing.” The reframing builds new associations and neural pathways. This could become a habit!

ASSIGNMENT:

Throughout this week, pay attention to what is driving you. Is it family and friends? Checking off your “to-do” list? Do you have long-term goals you are working towards? What does “happiness” look like to you? When you become aware of a thought that is impeding a more highly valued desire, try to reframe the situation.

- Notice what things give you pleasure boosts and savor them.
- Are you getting pleasure boosts from things that build towards your long term goals?
- Do you tend to be more aware of your short-term desires or your long-term ones?
- Can you change what you want to do by changing the focus of your thoughts?

Keep track of your observations as you go along. Do you go through your days in ways that are consistent with your long-term goals, your short-term goals, or a good mixture of both? What do you notice as your default mode of thinking? How easy is it to change?.