

FRAME SHIFTER

SOLUTIONS FOR RIGID THINKING **REFRAME CARDS**

1. Engineer Mode

Truth = it works under constraints

Steps

Write the goal in one sentence.

List 3 constraints (time, money, skill, tools).

List 5 mechanisms (verbs): reduce, automate,
buffer, isolate, repeat.

Pick one mechanism and apply it.

Define how you'll know it worked.



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2. Poet Mode

Truth = resonance and meaning

Steps

Write 7 words related to the problem.

Cross out 2.

Combine 2 unrelated words into one sentence.

Ask: what does this reveal emotionally?

Rewrite that insight plainly.



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3. Scientist Mode

Truth = testable claims

Steps

Write a hypothesis: If X, then Y.

Design a tiny test.

Run it once.

Write the result.

Change the hypothesis if needed.



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4. Historian Mode

Truth = context and patterns over time

Steps

Has this happened before?

When?

What caused it then?

What changed after?

What pattern repeats?



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5. Philosopher Mode

Truth = logical coherence

Steps

Write your belief.

Why do you believe it?

What assumption is underneath?

What if that assumption is wrong?

Rewrite your belief more carefully.

