

In Other Words...
Positive Reframes

Current Frame	Positive Reframes
Bossy	straightforward, passionate, bold, confident, natural leader, daring, confident, strong-willed, decisive, determined, frank, independent, goal directed
Clingy	affectionate, protective, passionate, faithful, loving, loyal, compassionate
Compulsive	detail-oriented, thorough, persistent, passionate, efficient, ambitious, determined, precise, decisive, diligent, focused, meticulous, organized, prudent
Conceited	confident, bold, decisive, values self, optimistic, passionate, straightforward
Dawdles, wastes time	easy going, non-authoritarian, mindful
Defiant	determined, tough, passionate, strong-willed, decisive, fearless, strong, holds strong beliefs, courageous, brave, independent
Demanding	bold, frank, tough, determined, assertive, expressive, persistent, steadfast, captivating, strong, confident, daring, decisive, passionate
Dependent	loyal, faithful, connected, caring, compassionate
Dramatic	imaginative, creative, emotionally aware, expressive, innovative, witty, amusing, spontaneous, captivating, enthusiastic, passionate
Fearful	perceptive, diligent, thoughtful, careful, cautious
Foolish	non-authoritarian, fun loving, playful, amusing, sociable, likes to make others smile, charming, friendly, imaginative, humorous, passionate
Fussy	expressive, has discerning tastes and needs, communicates needs, determined, passionate, persistent

Current Frame	Positive Reframes
Goofy/Silly	joyful, entertaining, good sense of humor, carefree, likes to make others smile, innovative, sociable, optimistic, personable, amusing, funny, passionate, captivating, charming, friendly, witty, energetic, enthusiastic, imaginative, humorous, gregarious
Impulsive	spontaneous, adventurous, passionate, ambitious, trusting, confident, daring, optimistic, free-spirited, energetic, enthusiastic, independent
Lazy	relaxed, independent, carefree, easy going, needs encouragement
Loud	exuberant, confident, enthusiastic, gregarious, passionate, optimistic, captivating, daring, energetic, expressive
Manipulative	resourceful, imaginative, gets needs met, understands people, innovative, steadfast, perceptive, intuitive, confident, skillful
Mean	expressive, bold, seeking validation/control, decisive, straightforward
Messy	creative, practicing/learning skills, passionate, carefree, easy going, imaginative, spontaneous, non-authoritarian
Mouthy	expressive, passionate, brave, bold, daring, quick-witted, confident, determined, independent
Naughty	daring, needing guidance, independent, explores boundaries, strong-willed
Nosy	curious, perceptive, straightforward, caring, inquisitive, explores boundaries, compassionate, intuitive
Quiet	uncomplaining, discreet, reserved, thoughtful, reflective, insightful, humble, intuitive, peaceful, prudent
Rigid	decisive, high sense of order, stable, rational, diligent, logical, frank, sensible, organized
Sensitive	caring, empathetic, sympathetic, thoughtful, compassionate, intuitive, aware of feelings, understanding, insightful, perceptive

Current Frame	Positive Reframes
Shy	uncomplaining, discreet, insightful, reserved, inner directed, values trust, intuitive, thoughtful, peaceful, humble, prudent
Sneaky	inventive, creative, confident, determined, ambitious, innovative, daring, resourceful
Stubborn	strong, strong-willed, diligent, determined, persistent, tough, independent, decisive, passionate, confident
Talkative	gregarious, good communicator, wants to be heard, expressive, personable, sociable, passionate, spontaneous, confident, energetic, enthusiastic
Talks back	daring, bold, brave, courageous, determined, passionate, confident, strong-willed
Timid	tolerant, uncomplaining, careful, cautious, adaptable, reserved, agreeable, discreet, gentle, intuitive, insightful, prudent, patient
Unfocused	creative, relaxed, spontaneous, independent, abstract thinker, processing information, easy going, imaginative, innovative, non-authoritarian
Whiny	expressive, needs assurance, passionate
Argumentative	knows what they want, knows what they believe, persuasive, passionate, determined, persistent, confident, daring, decisive, bold, strong-willed, strong
Attention-seeking; wants attention	likes being with you, wants to be seen/heard, wants to feel important and valued, affectionate, determined, passionate, persistent, captivating