

## Swipe File: Reframe Examples for 'What's Actually True'

What I Made It Mean: I wasn't enough.

What's Actually True: One person's inability to meet me doesn't define my worth.

What I Made It Mean: They moved on fast.

What's Actually True: That reflects their emotional process, not how much I mattered.

What I Made It Mean: I stayed too long.

What's Actually True: I stayed because I cared. That's not weakness — that's loyalty.

What I Made It Mean: I ruined everything.

What's Actually True: I made mistakes, but we both contributed to the outcome.

What I Made It Mean: I'm too much.

What's Actually True: I'm intense, but I'm also deep, loyal, and passionate.

What I Made It Mean: They're happier now.

What's Actually True: Their happiness doesn't diminish my value.

What I Made It Mean: I should've known better.

What's Actually True: I did the best I could with what I knew at the time.

What I Made It Mean: This means I'm unlovable.

What's Actually True: It means we weren't the right match — not that I'm broken.

What I Made It Mean: If I healed faster, I'd be better.

What's Actually True: Healing isn't linear. My pace is valid.

What I Made It Mean: They never cared.

What's Actually True: They showed care in ways they could — and ways they couldn't.