

# CLEARING MODEL

## A) CLEAR THE ISSUE

1. Affirm a meaningful relationship
2. "I have an issue I'd like to clear with you. Is now a good time?"
3. "If not now, when?"
4. "The specific **FACTS** are..." (Recordable facts; not judgments)
5. "A **STORY** I make up about you/me/the group is..."
6. "My **FEELING** is..." (Angry, Sad, Scared, Sexual, Joyful)

*Is the feeling here now? If yes, continue with feeling steps, if no go to the FACTS*

- A. "The body sensation related to this feeling is..."
  - B. "The sound that this body sensation wants to make is..."
  - C. "The movement that matches this body sensation is..."
7. "I specifically **WANT**..."
  8. "How I **CREATED** this disconnection with you is..."
  9. **PROJECTION:** "The part of me I see in you that I have an aversion/attraction to is..."

**If Person B has issue, A & B switch roles (B clear with A). If you are both complete, continue...**

## A+B) CREATE RESOLUTION TOGETHER

1. Follow the guidelines - stick to the script
2. Commit to curiosity
3. Claim 100% responsibility
4. Create a win-for-all resolution

## B) LISTEN TO UNDERSTAND

1. "What I hear you saying is..." (Reflect or paraphrase without interpretation)
2. After reflecting, ask: "Is that **RIGHT**?" (If not, reflect again)
3. "Is there **MORE**?" (Ask in a kind, genuine, curious voice)
4. "Are you **CLEAR**. Have you said everything you have to say and felt everything you have to feel?" (If yes, move on. If not, go back to "Is there more?")
5. Is there a **NEXT ACTION** step? (if yes, who will do what by when?)
6. Appreciate the person for choosing to clear the issue.