



Woman to Woman Kentuckiana

BASICS of Coaching a Clearing

To find a Clearing Coach, ask for volunteers to raise their hand and let the Clearer choose. The coach should be familiar with Clearings.

Before the Clearing

- Clearer *and* Coach have a copy of the Clearing Model.
- Ask if Clearer or Clearee want support.

During the Clearing (*as needed - be judicious with interventions and interruptions*)

- Make sure the Clearer is following the model.
- Slow things down. Pause the Clearer after each section so the Clearee can repeat back what she's heard.
- Point out if the Story shows up in the Data or Feeling rounds. Sometimes, when we are clearing with someone, we disguise our judgments as data, feelings or wants. We all have judgments and they belong in the Story part of the Clearing. For example:
 - "When you betrayed me" is an example of a judgment disguised as data. The data might be, "When you walked out of the room..."
 - "I felt betrayed" is an example of a judgment disguised as a feeling. The feeling might be, "I felt scared and angry."
 - "I want you to stop betraying me" is a judgment disguised as a want. The want might be, "I want to know when you need to step out of the room."
- Encourage "I" statements.

After the Clearing

- When completed, remind the women involved in the Clearing and other members of the Circle to breathe and ground themselves.

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Being Cleared With - Taking Care of Yourself

Clearee To-Do List

- Remember that the purpose of a Clearing is relationship repair and connection.
- Repeat back what the Clearer is saying as close to verbatim as you can recall. Ask for clarification if you've forgotten.
- If you feel defensive or like you are "taking it on", take a breath, put up a "shield," and/or ask for support.

Clearee NOT To-Do List

- Do NOT take on projections or judgments. The content of the Clearing is not about you, it's about the story the Clearer is telling herself.
- After the Clearing, do NOT defend, explain or justify. If it brings up a lot of feelings or a strong reaction, you may choose to address it during the work round. There needs to be time between a Clearing and any response from the Clearee.
- Never follow a Clearing with a Clearing.

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