



Woman to Woman Kentuckiana

## CLEARING PROCESS

**Always ask someone to be the Clearing Coach to make sure the clearing stays clear**

- **“\_\_ (Name) \_\_”, are you in a place for me to clear with you right now? ASK PERMISSION.**
- **“When I saw or heard...”** (*Physical*) State the behavior/data without judgment.
- **“I felt...”** (*Emotional*) State how you felt when the behavior occurred. Stick with basic emotion such as anger, sadness, fear or shame.

**PAUSE** Listener repeats back

- **“The story I tell myself about myself is that I...”** (*Intellectual*) (ie: ...will never be good enough, loved, have worth, etc.) What do you make up in your head about what you saw/hear? Share your truth about your experience.

**PAUSE** Listener repeats back

- **If I continue to believe the story I tell myself, my behavior will be ...** (*Spiritual*) Explain the effects of your beliefs on your behavior within the relationship.

**PAUSE** Listener repeats back

- **“And what I claim for myself is...”** (*Spiritual*) (Ex: I know I am important, loved, worthy, etc.) This statement is the antidote to the story you tell yourself about yourself. State it as if it were already true.

**PAUSE** Listener repeats back and then asks “Are you clear?”

Listener does not defend or explain her actions

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