

THE CLEARING MODEL

THE ISSUE

What is the issue you are trying to clear?

BEFORE BEGINNING

Affirm that each of you has a meaningful relationship. Use language such as; "I have an issue that I want to clear with you. Is now a good time? If not now, when?"

STEP 1: STATE THE FACTS

What are the specific, recordable facts (not judgements)?

STEP 2: THE STORY I'M TELLING MYSELF

"I am making up the story that...", "I think...", "In my opinion...", "My judgement is..."

STEP 3: HOW IT MAKES ME FEEL

Use deep language; "Frustrated", "Embarrassed", "Dejected", "Caught by Surprise", etc.

STEP 4: YOUR ROLE

What is your role in creating or sustaining the issue?

STEP 5: WHAT YOU WANT

What end result of this conversation do you specifically and realistically want to see?

REFLECTION

The other party recalls and reflects each of the points that you mentioned. Afterward, they should inquire, "Did I get that right?" followed by, "Is there anything else?"

CONVERSATION

Both parties can now move into a conversation with all the information, emotion, and understanding available. If desired, the other party may utilize the Clearing Model to respond. However, as with the first cycle, one party should not interrupt another.