

# CLEARING MODEL

This technology is meant to be used when you have created a disconnection with another person or group. It is important that you are willing to let go of being right and take responsibility before you attempt to use this model. The goal is to reveal yourself, own your projection and re-establish connection. For effectiveness, stick to the script.

## CREATE RESOLUTION TOGETHER

- I commit to curiosity and letting go of being right
- I commit to taking 100% responsibility for the issue
- I commit to creating a win-for-all resolution

## SCRIPT FOR PERSON CLEARING THE ISSUE

Ask for a clearing by affirming a meaningful relationship “I have an issue I’d like to clear with you. Is now a good time?” “If not now, when?”

1. “The specific **FACTS** are...” (Recordable facts; not judgments)
2. “A **STORY** I make up about you/me/the group is...”
3. “My **FEELING** is...” (Angry, Sad, Scared, Sexual, Joyful)
4. “I specifically **WANT**...” (This is not a demand or entitlement but instead a way to be known)
5. “How I **CREATED** this disconnection with you is...”
6. **PROJECTION:** “The part of me I see in you that I have an aversion/attraction to is...”

## SCRIPT FOR PERSON LISTENING TO UNDERSTAND

1. “What I hear you saying is...” (Reflect or paraphrase without interpretation)
  - “Is that **RIGHT**?” (If not, reflect again)
  - “Is there **MORE**?” (Ask with curiosity)
2. “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?”)
3. Is there a **NEXT ACTION** step? (if yes, who will do what by when?)
4. Appreciate the person for choosing to clear the issue.

**If the listener has issue, it is recommended that you take at least an hour to pause and then switch roles.**