



CLEARING EXERCISE

Step One: What are my **Fears, Concerns, and Complaints** (right now)?

For example, my office is a mess, I am lonely, I am fat, out of shape, the house is a mess, my parents are coming to visit, I need to do the laundry. Note, even things that seem “good” may show up here, like: “I did the laundry yesterday”. Go ahead and write down whatever comes up in this time.

Step Two: “**I AM...**”

Ask: “What is the most nasty, critical judgment you have about each of the items in Step One?” Don’t be nice here. You might ask yourself, “What would a bully on a playground call someone who does that?” Take this opportunity to fully express the intensity of the judgments and criticisms associated with each item.

Step Three: **Interpretation or Fact?**

For each item in Step Two, ask: “Is this an interpretation or is it a fact?” Many of the statements will seem like truths, but distinguish them from facts. Facts are concrete, like something a reporter would write in an article. Pay close attention to the items that seem like facts so you can get clarity about the interpretations associated with them.

For example, “I am undisciplined” may seem like a fact, and you may have evidence for it. While you may act undisciplined sometimes, this is distinct from the voice in your head who says, “You are undisciplined,” like a factual label about you.

To distinguish what is actually an interpretation, you can use the test of “Can I get a bowl of this?” This is sometimes useful in determining a fact, like a bowl of soup, or a bowl of peanuts, versus a bowl of loser, or a bowl of undisciplined. You might also ask, “Compared to whom?” “Compared to what?” or “By what measure?” Are you more undisciplined than your neighbor? Your sister? `? The point is to notice that you’ve created an arbitrary measure for what makes a “disciplined person” versus an “undisciplined person.”

Step Four: **Is this empowering?**

These interpretations will not likely be empowering. If living from this story (interpretation) is not empowering, what you can begin is to create an empowering story or interpretation. Now that you’ve “cleared” the disempowering interpretation, you have the space to create something that is not a reaction to this story.

From there, what way of being or declaration will you bring to life today? Not a fix or change, but look for a quality or way of being that you want to bring to life. A useful way to access this is to envision life as a party. Like



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any good guest, you will want to bring something to the party. What quality or value will you bring to the party called life today?

Post your stand all over the place. Use Post-It notes all around you. Have your stand surprise you throughout the day.

1. Fears, Concerns, Complaints
2. I AM...(nasty, judgmental, critical voice)
3. Interpretation or Fact?
4. My Stand for the Day