

A “Clearing” Model

Processing an internal trigger (a distressing reaction to a person or event)

1) What is the data?

- State the **facts** as you experienced them. **No** judgments, beliefs or opinions. Just the known facts.

2) What are your “stories” about the data?

- “Stories” are your **judgments**, beliefs, or opinions. They are your **interpretations** of the data, or the **meaning** you give the data.

3) How do you react when you tell yourself those stories?

- What are your **feelings** and **impulses**? What do you feel in your body? What do you do or want to do?

4) What are your (real) wants or needs?

- Your stories probably reveal hidden wants or needs — *from* the other person and *for* yourself. (And they are probably not what you first think they are.)

5) Look in the mirror: In what ways is this really about you and not the other person or the event?

- Look for **transferences** (other people in your life whom this person reminds you of), **projections** (things about yourself that you may not always see or like), and **events** from the past that you haven’t fully processed or healed. **Own** the ways that this is really about you and not the other person or event.
- **Challenge your internal stories:** Are there ways your stories about the other person could also be true of you? Have you ever acted like the other person is acting? Are there ways in which the opposite beliefs (stories) could also be true or even truer?
 - Imagine yourself *without* these stories: How would you experience this person or event differently if you couldn’t think those thoughts?



Clearings are about understanding ourselves and our reactions to certain people and events so we can become more at peace and “clear” with them and within ourselves.

IMPORTANT:

Clearings are never about trying to change the other person.

If you want to ask someone to change something about themselves or how they act toward you, use the [HEALING DIALOGUE model](#) instead.

Change Your Beliefs and Reactions, and You Change the World as You Know It.