

# CLEARING EXERCISE

Clearing exercises assist you and your partner in understanding what is going on with each of you. You're sitting across from each other, having eye contact. Just as in Reflective Listening, one person speaks and the other listens.

Although this clearing exercise is simple, it may take a few times to feel comfortable with the flow.

## FOLLOW THIS FORMULA FOR PHRASING YOUR FEELINGS:

1. "I feel..."
  - *This is where you take responsibility for your feelings.*
  - "I feel hurt..."

2. **“... when you...”**

- *You clearly state the event in a clear and calm manner.*
- **“... when you didn’t remember to pick up my clothes at the cleaners.”**

3. **“This reminds me of when...”**

- *What does this remind you of from your childhood? If you have difficulty with this, recall the incident you are remembering and ask yourself how old you felt when it happened. Once you have the age, recall what was happening in your family at that time.*
- **“This reminds me of all the promises my parents made and never kept.”**

Use the clearing process as often as needed. Use Reflective Listening if your partner isn’t clear on what you said.