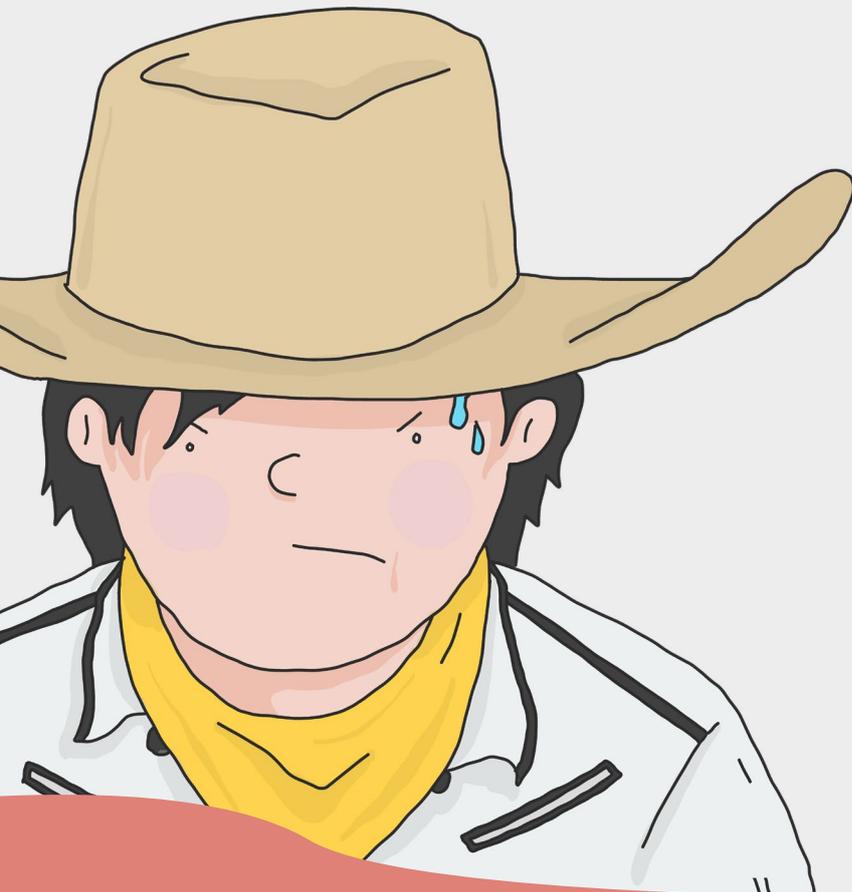


CLEARING



When we're mates with someone for long enough, it's easy for frustrations to be swept under the rug.

Your Mum, Dad, brother, sister or mate might have said or done something that got on your nerves. Or maybe you said or did something that hurt or offended them. When things like this happen we can start to feel disconnected from each other; like a table full of unspoken frustrations between us. When we clear out this mess, we can get back in sync with those we care about!



THE PROCESS

1. Think about what you want to 'Clear' out the way. Use the verbal guide below to help.
2. Invite the person involved: Eg. "Could we have a chat? I want to share some thoughts I've had about something that happened the other day."
3. Remember this is about healthy conflict, and finding a way to re-connect with someone.

VERBAL GUIDE

1. "I want to clear with you that when (state what happened) I felt (share in detail how it impacted you)."
2. "I want to take responsibility for my part in this which is...(share the actions or judgements you may be responsible for)."
3. "Going forwards, I'd like... (share specific actions that can allow you both to better connect with each other)."
4. "Is there anything else I can do better in the future?"
5. Give the other person a chance to reply. You may need to go back and forth.



CLEARING

THE PRINCIPLES

1. I v You Language: When speaking about your experiences and emotions, say I. Eg. "I feel this way because..." Avoid accusing, attacking, blaming or trying to give people advice.
2. Clearings can be uncomfortable, listen with humility and speak with compassion.
3. Always do your clearing face-to-face or on the phone. Text conversations can leave too much room for misunderstandings, confusion and delayed responses.



HOT TIPS

1. Breathe before you respond; avoid reacting with heated emotion.
2. Be open to receiving feedback for your actions, see it as a gift!
3. Acknowledge and thank the person for having this conversation. E.g. "It takes a lot of courage to have a difficult chat, thanks."

