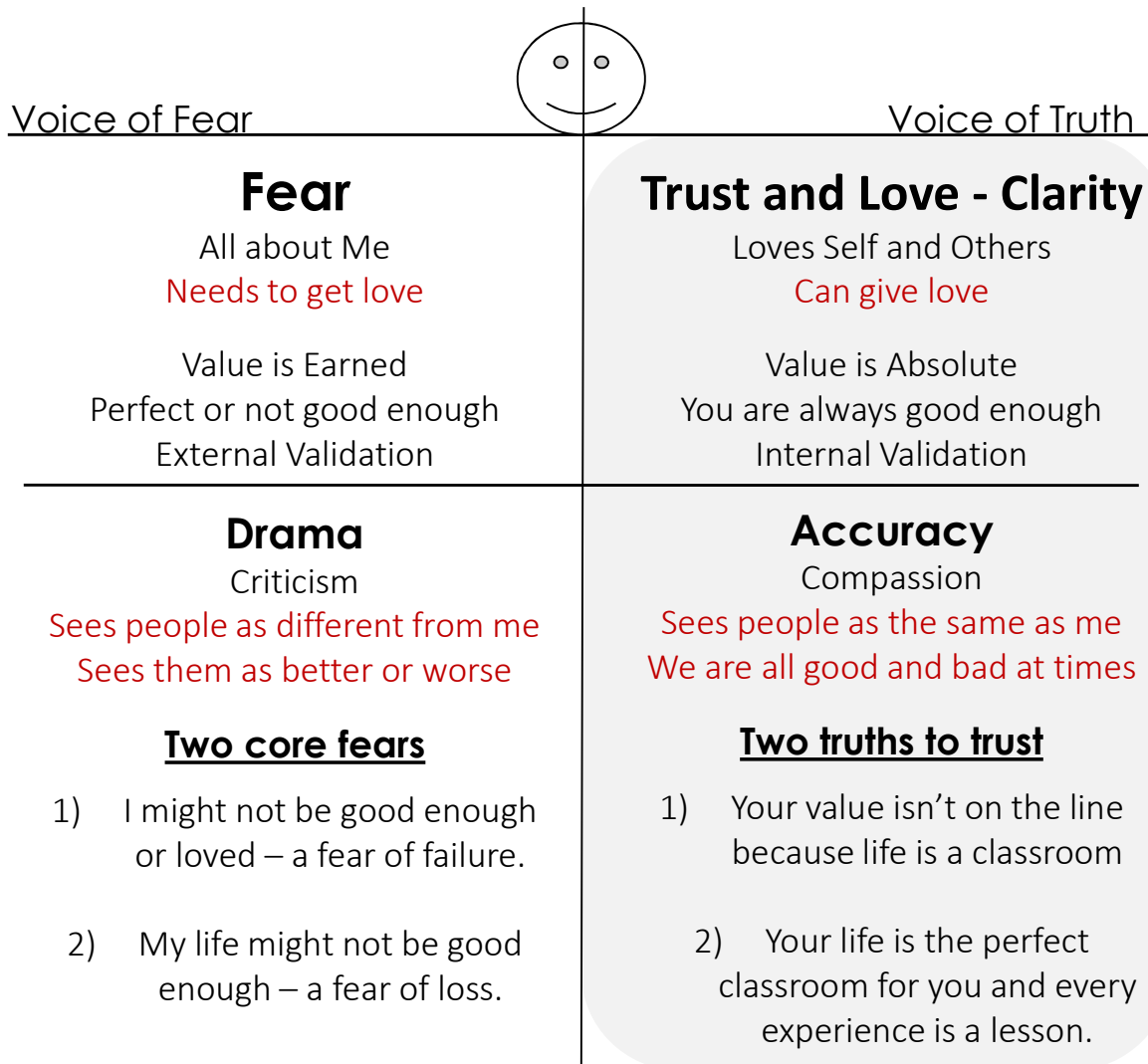


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The Clarity Formula - 2 Sides Worksheet www.claritypointcoaching.com



The Clarity
Formula

Trust

1. Choose to trust that your value is absolute and infinite.
2. Choose to trust that whatever happens is perfect in your classroom journey.

Love

1. Make sure you see the other person/people as the same as you.
2. Choose to be a giver not a getter of love and validation.

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The Clarity Questions Worksheet www.claritypointcoaching.com

Here is a list of questions you can ask yourself to make sure you are seeing a situation accurately and to find the most appropriate response. This is a powerful procedure which will help you to gain clarity.

The Clarity Questions:

1. Do I remember that my value is infinite and absolute, no one can diminish me, and I am the same me, no matter what they do or say?
2. Do I remember that my life is the perfect classroom journey for me and every experience is a lesson?
3. Do I see this person as the same as me? Can I see that they are a work in progress, just like me?
4. Can I see what they are afraid of? Are they afraid of loss or afraid they aren't good enough?
5. What do they really need right now?
6. Are they tired, hungry or incapable of mature behavior because they haven't had the opportunity to learn a better way? What has happened in their life, which affects their current behavior?
7. What are some possible options in response to this situation (how many options can you come up with)?
8. Write next to each option what you think the outcome of that option would be. How will people react if you respond that way? What results will that create?
9. Now, look at each option and write down a fear-based reason for choosing that option, and a clarity (trust and love) based reason for choosing the option.

For example: if my option was "to not say anything about the offense" a fear-based reason to do that, would be "I'm too chicken. I'm afraid it will go bad if I say anything." A clarity reason might be because "I see their fear and that the offense really isn't about me, nor does it diminish me, so I can just forgive them and let it go." That would be a loving reason to not bring it up.

10. Cross out all the fear-based reasons and choose an option with a clarity-based reason that feels right to you.

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The Validation Formula Worksheet

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The Validation Formula:

Goal: to edify each person I talk to and make them feel valued, which will build a relationship of trust where respectful communication can happen.

#1: I choose to see this person as the same as me.

#2: I set my stuff (thoughts and feelings) aside upfront.

#3: I will ask questions about their stuff...

(Their thoughts, feelings, ideas, opinions, fears, etc.)

... and I will listen and validate them.

(This doesn't mean I will agree. It means that I will honor and respect their right to be where and who they are.) "I totally understand how you can feel that way."

#4: I will ask permission questions before I share my stuff.

Would you be open to some suggestions?

Would you be willing to let me share my feelings about this?

Would you be open to some ideas I have about this?

Would you be open to understanding how I feel about this?

#5: I will focus on what I think and feel, and on future behavior not past.

I will use "I" statements instead of "you" statements.

I will focus on the future, and behavior I want to see moving forward, instead of their past behavior. This will maintain the relationship of trust I've developed.

Memorize these simple steps and start practicing.

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The Forgiveness Formula Worksheet

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Get out a piece of paper and answer the following, in detail:

1. What is the mistreatment you are currently hurt or angry about?
2. Why do you feel your anger or hurt is justified?
3. How is your anger and hurt affecting you?
4. Do you understand that holding onto it is self-inflicted suffering and it affecting the way you feel about yourself too?)
5. Does it hurt the other person, if you stay miserable and angry? Does it make this right?
6. Put yourself in the other person's shoes. What was going on in their world, at the time of the offense? What were they afraid of? What did they need?
7. How could you see them as the same as you?
8. How did you contribute or respond to this situation? Were you loving and kind? How did your behavior contribute to the problem?
9. What is this experience showing you about yourself? What has this experience taught you? How has it created some good in your life?
10. What could this experience be here to teach you?
11. How might you step it up and be a better, more loving you?

Every experience is in your life to teach you something. This experience is no exception. This experience is here to give you the opportunity to become a better person. If your happiness is being destroyed by anger and the need to cast other people as the bad guys - let it go. Even if you feel justified - let it go. It will not be easy, your Voice of Fear will to hold onto the anger and defend and protect yourself - let it go anyway. Remember that you cannot be diminished. You are bulletproof. Your value is infinite and absolute, and if you cannot be hurt there is really nothing to forgive. Choose love because it is the kind of person you have decided to be, not because the other person deserves it. Choose forgiveness so you will feel free and forgiven too.

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The You spot it You got it Worksheet

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The person who is hurting, offending or bothering me is...

Write your name here...

List all the things this person does which hurt, offend or bother you and why they do them.
List the issues and faults this person has too...

Judges other people without all the facts

Doesn't respect how other people feel

Rewrite each thing from the left side on this side but flip each statement so it is now about you... (Is it still true? How?)

I judge without all the facts

I don't respect how other people feel

What do you wish they would do different to show up better for you...

What can you do different to show up better for them...