

# clarityPoint coaching

## The Clarity Questions Worksheet [www.claritypointcoaching.com](http://www.claritypointcoaching.com)

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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.