A) CLEAR THE ISSUE

1. Affirm a meaningful relationship

2. “I have an issue I’d like to clear with you. Is now a good time?”

3. “If not now, when?”

4. “My FEELING is...” (Angry, Sad, Scared, Sexual, Joyful)
   
   Is the feeling here now? If yes, continue with feeling steps, if no go to the FACTS
   
   A. “The body sensation related to this feeling is...”
   
   B. “The sound that this body sensation wants to make is...”
   
   C. “The movement that matches this body sensation is...”

5. “The specific FACTS are...” (Recordable facts; not judgments)

6. “A STORY I make up about you/me/the group is...”

7. “I specifically WANT...”

8. “How I CREATED this disconnection with you is...”

9. PROJECTION: “The part of me I see in you that I have an aversion/attraction to is...”

If Person B has issue, A & B switch roles (B clear with A). If you are both complete, continue...

A+B) CREATE RESOLUTION TOGETHER

1. Follow the guidelines - stick to the script

2. Commit to curiosity

3. Claim 100% responsibility

4. Create a win-for-all resolution

B) LISTEN TO UNDERSTAND

1. “What I hear you saying is...” (Reflect or paraphrase without interpretation)

2. After reflecting, ask: “Is that ACCURATE?” (If not, reflect again)

3. “Is there MORE?” (Ask in a kind, genuine, curious voice)

4. “Are you CLEAR. Have you said everything you have to say and felt everything you have to feel?” (If yes, move on. If not, go back to “Is there more?”)

5. Is there a NEXT ACTION step? (if yes, who will do what by when?)

6. Appreciate the person for choosing to clear the issue.

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