

## **Proposed Clearness Committee Schedule - Oct 17 / 24 2018**

*a safe and loving space for wild souls to emerge from the wilderness*

7:00 – 7:15	Set up & instructions about note-taking etc.
7:15 – 7:30	Focus person describes their issue without interruption
7:30 – 8:30	Silence until the first question emerges
8:30 – 8:40	Focus person chooses more questions or mirroring (from notes)
8:40 – 8:45	Affirmations & Celebration (give notes to focus person)
8:45 - 9:00	Large group debrief

### **General guidelines (in addition to the touchstones):**

1. Sit in silence until the focus person begins the process.
2. Our only task is to hold space for the focus person. If someone needs to leave, we continue without chit chat. If the focus person needs to leave, we sit silently, waiting for their return.
3. Be gentle with the pacing of questions.
4. Do not respond with words, laughter or sympathetic sounds. Hold a caring silence.
5. When mirroring back, simply make observations, not interpretations. (Keep taking notes of what is said in mirroring and appreciations.) Some forms mirroring can take:
  - “When you were asked X question, you gave Y answer...” with both question and answer being direct quotes—no interpretation or other comment.
  - Quote two or three answers, words or turns of phrase the focus person gave to different questions that may bear some connection to each other. Again, no further comment should be offered, even if asked for. It is up to the focus person to see a pattern themselves.
  - The third form is to mirror the focus person’s body language. “When you were asked about \_\_\_\_\_, you sat up straight and smiled (or some such description of the physical behavior.) Describe, don’t interpret. e.g. avoid comments like “When you were asked about \_\_\_\_\_, you seemed happy.”

## Guidelines for open and honest questions

We will practice some questions at session #4. Our purpose in this exercise is not to show what good problem-solvers we are, but simply to support another person in listening to their inner teacher.

- Avoid questions that contain advice or an intention to solve / fix a problem
- Avoid questions with yes-no or right-wrong answers.
- Avoid questions with "I" or "me" in them. My experience may offer a solution but that has no value here. The only solution that matters is one that arises from the focus person.
- Avoid questions that are to satisfy your own curiosity.
- Avoid questions that you hope he will answer in a certain way (leading questions).
- Do ask questions that build on the language the focus person uses. If they say spirit or soul, use that term. Don't interpret or translate it into terms you would rather use.
- Avoid preambles to your questions. The best questions are often simple and straightforward.
- Ask questions that go to the person as well as the problem, questions about the inner realities of the situation as well as the outward facts.
- If you have an intuition that a certain question might be useful, even if it seems a bit "off the wall," trust it—once you are reasonably certain that it is an honest, open question. If you aren't sure about a particular question, sit with it for a while and wait for clarity.
- As a group, watch the pacing of the questions, allowing some silence between the last answer and the next question. Questions that come quickly may feel aggressive, cutting off the deep reflection that can help the focus person.
- If you have asked one question and heard an answer, you may feel a need to ask a follow-up question. But if you find yourself about to ask the third question in a row, don't!
- The single best test of a truly open question is you could not possibly know the answer to it.

### For October 10:

Read this webpage [www.couragerenewal.org/clearnesscommittee](http://www.couragerenewal.org/clearnesscommittee)

At the start of session 4, please tell Lisa whether you are interested in being a member of a clearness committee, a focus person or both. If you want to be a focus person, please provide a few sentences about your dilemma or question in writing. If several people want to be focus persons, we can change the schedule to allow shorter committees and/or more than one per evening.