

Clarity Challenge



Consider a challenging situation you are currently navigating in which you sense things are foggy or unclear.

Stick with the facts.

Briefly describe the situation to yourself - either orally or written. For just a moment, put your emotions to the side and list the facts pertaining to the situation. Now look at the list and ask what *really* are the facts? Examine the facts and consider where assumptions might be lurking behind them that cast shadows of doubt, judgment, criticism, etc. Does anything seem clearer?

Ask what you are telling yourself.

Sometimes clarity comes simply by asking yourself an honest and often tough question, "What am I telling myself right now about this person, this situation, myself or God?" Once you have been able to verbalize this, it can bring some clarity to the situation. What are you telling yourself? What do you need to tell yourself right now?

Seek reflection as if a mirror.

Describe your situation to someone else as objectively as you can. Ask them to describe back to you what they heard you say so *you* can hear what you are saying for yourself. What did you hear? What seems clearer as a result of hearing this? What do you want to adjust?

Write a letter to yourself as if to a friend.

Imagine you are writing a letter to a friend who is dealing with the problem you are currently working through. Even address the letter to the friend in order to separate yourself somewhat from the situation. What would you want this friend to know? What do you think this friend needs to know? How would you encourage? Walk away from the letter and come back to it later in the day, or even better, the next day. What do you see that you couldn't see before as you read the letter?