

Empowered Woman

CLEANING & CLEARING CONVERSATIONS

WEEK 6 ASSIGNMENT

Please make a list of 3 messes that are energetically and or physically still not clean/ clear. You can list some thoughts here:

1. _____ 2. _____ 3. _____

Once you have your list you're going to contact the person, either face-to-face or on the phone. Feel free to blame Empowered Woman as the reason for the call. You can say something like this, "I joined this Womens Program and one of our assignments was to reconnect with someone who we care about that we've harmed/wronged or where things didn't end well, and I thought about you." My intention for this call is to take full responsibility for the part I played in our relationship.... BELOW ARE A FEW STEPS YOU WANT TO BE CLEAR ON. My ask is that you practice at least twice with your group/buddy before making the actual call. If the person won't speak to you email/text them what you were going to say and let them know you're available anytime they want to chat and that you truly apologise.

STEP #1 Begin with the end in mind- What is your expectation/ intention for this call? Get clear that the intention is to FREE them and yourself from this energetic discord and resistance of the foginess and give them closure.

STEP #2 Prepare to LISTEN without expectations. They may be very hurt, so prepare yourself to allow them to express without trying to defend, justify or fix



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THE ACTUAL CALL SEQUENCE

A. Contacting Them: When you call you immediately want to set the ground rules— especially if you think there's potential for an argument. "Say, Hey_____ 'I want to share something with you from my heart. I ask you to just listen, and then if you want to respond, I'll listen, '". "Let's not call names, let's not swear, throw things, whatever. No name-calling, whatever your ground rules might be." "I joined a Womens Program and one of our assignments was to reconnect with someone who we care about that we've harmed/wronged or where things didn't end well , and I thought about you." "My intention for this call is to take full responsibility for the part I played in our relationship"

B. Taking responsibility: Expressing regret or apologising for anything you would've wanted to do differently. If it feels aligned, asking the person to forgive you for what you did/didn't do. Expressing genuine regret, is a powerful way to refresh your relationship. "I want to sincerely apologise for.....".
ONLY STATE THE FACTS... leave out all JUSTIFICATION for your actions. ONLY WHAT TRULY HAPPENED and WHY you apologise.

C. Create a new possibility: What do you want the relationship to actually be like? For example, with an ex, you may you want to think positively about the relationship and not avoid each other when you see each other around town. My commitment moving forward is....
(I want you to know that I am here for you.... OR From this day forward even if we never speak again I want you to know that I hold no ill will towards you.....)

***What was the impact? What did you learn about you?
Make a video & share with into the group.***

