

CLEAR CHOICE CONVERSATION OR JOURNAL (MEDITATION)

For both you and a friend to have a turn with the complete sequence, schedule four hours for a hike or other activity.

Step 1: **READ THE FIRST PROMPT.** Let your friend complete the thought.

Step 2: Be inwardly silent to **EMPATHICALLY LISTEN** between sentence fragments.

Step 3: When your friend finishes a thought completely, **VERBALLY REFLECT WHAT YOU HEAR**—like a mirror. Keep yourself out of it. If your friend corrects your summary, reflect what you now understand.

VARIATION: Meditatively write the sentence fragments in your journal, filling in the blanks with paragraphs. Use these extra prompts to develop your thoughts more fully.

☯ "In other words..."

☯ "On the other hand..."

59 prompts. *Drop these for 25 prompts.

Things feel bad...	*My higher self suggests...	*I'm frustrated...	*I believe...
*I doubt my ability to...	*I feel vulnerable that...	*I'm nervous that...	I expect...
*I feel wonderful when...	*The consequences...	*I feel vulnerable to...	*I anticipate...
*I succeeded when...	*That makes me feel...	*I also feel...	I desire...
The future looks positive...	*I don't want to lose...	*That makes me feel...	I dream...
I'd love to...	I want...	*On the other hand...	*My vision is...
*It'd be great if...	What stops me...	I feel centered when...	*I wish...
But I'm afraid...	*I feel sad that...	*That makes me feel...	*I would enjoy...
I've been unwise when	*I feel a bit frantic...	*I am...	I would value...
*I'm worried that...	I want to start...	I value...	I need...
I think it's possible that...	I feel lack of confidence...	I secretly...	*I also need...
*However...	I feel confident...	*I see...	*I will...
Experience suggests...	To be honest...	*I feel...	*I will also...
I interpret this...	*If I were to let go...	I sense...	I choose ...
Seeing myself...	*It hurts...	*My attitude towards this...	(Choose 10 times or more)

(Inspired by Robert Fritz, Nathaniel Branden, and others.)