

THINK CLEAR

Sometimes when we're feeling emotional we make snap decisions that aren't in line with our long-term goals, or wants. We may want to create and uphold beloved community, yet say (or do) things that aren't in line with this because we're in a state of heightened emotion. We want to approach difficult situations with a wise mind, when our emotions aren't running wild. Using 'Think Clear' can help us approach difficult situations whilst maintaining our long-term goals/wants, and was developed from a type of therapy called 'Dialectical Behaviour Therapy'; a therapy shown to be helpful in regulating emotions.

T

Think

How might the other person be interpreting the situation? How might they be feeling, and why? Am I willing to perhaps not be right?

H

Have Empathy

Tune in to how the other person may be feeling. Are they feeling threatened? Scared? Anxious?

I

Interpretations

Consider all possible reasons for the other person's comments/behaviour. Am I assuming bad intentions? Am I dwelling on past wounds?

N

Notice

Notice the other person with an open attitude. We tend to focus more on the negative. Notice when they're being pleasant, when they need empathy etc.

K

Kindness

Respond with kindness. This doesn't mean you're giving up your stance, or accepting bad behaviour; you're approaching/responding in a non-aggressive way.



Communicating

Am I communicating directly with the person/people?
Am I able to have a disagreement with an individual/group whilst also preserving mutual love/respect?



Listening

Am I actively listening to what the other person is expressing?



Engaging

Am I willing to be an active participant in solving the dispute/difficulty?



Asking

Am I asking the other person to share their own perspective/thoughts?



Respectful Action

Am I acting in a way that I'd like/expect others to act?

