

Clearing Statement

1. **Find the feeling. Where do you feel it, what does it feel like?** “It’s as if…” or “it feels like…”
2. **Verbalize it – Use words to describe it and give it a voice. What emotions are attached to it?** “I feel _____” “It feels _____” (name the thoughts and beliefs coming up)
3. **Acknowledge it – Own it** “I realize I have been _____” “I have learned how to _____” “I have been using _____”
4. **Ask it questions – Where did it come from? Who did you learn it from? What purpose does it have?**
5. **CLEAR IT – DELETE IT – LET IT GO!**
6. **Flip it, bring in your core truth** “Because the Truth is…”

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Remember, Taking responsibility for everything that shows up in your life allows you to take your power back.