

The 15 Clarifiers

When a problem or situation becomes very frustrating, step back and ask these questions - get really clear.

- 1. Urgent or Important?**
Is the matter urgent or "merely" important?
- 2. Addressed or Avoiding?**
Are you addressing the problem/situation, or avoiding it?
- 3. Accurate or Interpretation?**
Are you being accurate or are you interpreting?
- 4. Open or Resistant?**
Are you open to or resistant to what the challenge is presenting?
- 5. Internal or External Reference Point?**
Is what you are saying about the challenge coming from you or an external reference point?
- 6. Want or Could/Should/Need?**
Is it a want or a something very different?
- 7. Opportunity or Possibility?**
Is it a real opportunity or just a possibility?
- 8. Source or Symptom?**
Is it the source of the problem or a symptom?
- 9. Opening or Share?**
Is what you are saying an opening for change or just an fyi/share?
- 10. Response or Reaction?**
Are responding to it or reacting to it?
- 11. Create or Eliminate?**
Are you creating something or reducing/eliminating something?
- 12. Problem or Concern?**
Is this a problem or just a concern?
- 13. Present or Past?**
Are you coming from the present or the past?
- 14. Acceptance or Resistance?**
Are you accepting a change/new reality or resisting it?
- 15. Toward or Away From?**
Are you moving toward something or away from something?