

## Conscious Relationship

# Clearing Process



*This is a simple communication practice using a 'clearing dyad' to help you and your partner: feel seen, heard, and understood; express your feelings openly; and practice listening with an open heart.*

*We suggest you do this practice during a date night where you can spend at least 2 hours of quality time together. This practice itself will take approximately 18 minutes.*

## What is a Clearing Dyad?

**Definition:** *Dyad - a pair.* A dyad is a simple practice where two people take turns sharing with one another using structured prompts, or "sentence stems."

The purpose of a **Clearing Dyad** is to provide a safe and intentional space for both partners to express what's on their mind, clear misunderstandings, and foster deeper emotional connection. It's a way to clear out any mental or emotional clutter, so you can show up more authentically and feel more connected to each other.

Dyads are a powerful tool for building intimacy because they help partners practice both **honest sharing** and **active listening**—the two key ingredients to deepening trust and communication in a relationship.

### How Does a Clearing Dyad Work?

In this dyad, you'll be using **four sentence stems** to guide your sharing. One person will speak for each prompt, while the other listens attentively without interrupting or responding. The listener's role is to hold space, receive, and listen with an open heart.

You'll spend **3 minutes** on each sentence stem, with one person sharing continuously until the timer goes off. Then, you switch roles so both partners have an opportunity to share.

# Step-by-Step Guide to Doing the Clearing Process:

## 1. Prepare Your Space

Before you begin, make sure the environment feels safe and inviting. You might want to:

- Light a candle or diffuse essential oils to create a calming atmosphere.
- Sit facing each other comfortably—whether that's on the floor, the bed, or in chairs.
- Ensure you won't be interrupted for the duration of the practice.

## 2. Ground Yourself and Get Present

Before diving into the dyad, take a few moments to ground yourselves:

- Sit quietly together, take a few deep breaths, and center your attention in the present moment.
- Make eye contact. Eye contact is an important part of this practice, as it encourages presence and connection. The eyes are the window to the soul! Notice if any discomfort arises with eye contact, and simply breathe through it.

## 3. How to Begin the Dyad

Set a gentle timer for **3 minutes** for each sentence stem. Partner A will start, sharing continuously for the full 3 minutes. If there's silence, that's okay—just breathe and stay connected. Once Partner A has finished all four sentence stems, you'll switch, and Partner B will share while Partner A listens.

## 4. The Sentence Stems

Each of these sentence stems is designed to help you open up and share what's on your mind and in your heart. You'll use the same sentence stem repeatedly until the timer goes off. Here are the prompts:

- **"Something I want you to know is..."**  
This is an open-ended prompt for anything you feel your partner should know—thoughts, feelings, or experiences that haven't been shared yet.
- **"Something I'm afraid of is..."**  
This stem invites vulnerability by allowing you to express your fears. It could be about the relationship or anything else in life.
- **"Something I desire is..."**  
This stem lets you express your desires—whether they are personal, relational, or even deeper longings.
- **"Three things I appreciate about you are..."**  
End the dyad on a positive note by sharing three things you truly appreciate about your partner. This fosters a sense of gratitude and connection.

## After the Dyad:

Once both partners have completed the sentence stems, take a few moments to reconnect. You might want to:

- Sit in silence together, holding hands or making eye contact.
- Share a long hug or take a few moments to simply breathe together.
- You can also go for a walk, share a bath, or continue the conversation naturally.

**Remember:** The goal of the dyad isn't to solve problems or fix everything that came up. **The power of this practice lies in sharing authentically and being heard.** Much of the magic is in the experience of being present with one another, without needing to fix or change anything immediately.

### Post-Dyad Reflection

After you've taken some time to integrate the experience, you can reflect together on how it felt:

- Did any fears or vulnerabilities arise during the practice?
- Did you feel more connected to your partner?
- How did it feel to share and listen in this way?

You may find that simply reflecting on the experience deepens your connection even further.

