

CLEAR Emotional Clarity Shortcut Guide

OAKS MINISTRY COLLABORATIVE



C

Check in

NOTICE WHAT'S HAPPENING INSIDE

- What's happening in your body?
- How are you interacting with others?
- Are you avoiding something?
- Are you having a hard time letting something go?

L

Label

NAME THE FEELING

- What is underneath the general sense of stress, anxiety, depression, or frustration?
- Get as specific as possible to name the feeling.
- Are you feeling numb or finding it hard to know how you feel?
- Does this emotion feel allowed or acceptable?

E

Explore

LOOK FOR EXTERNAL TRIGGERS

- What external triggers caused a reaction in you - a certain word, tone of voice, action, or situation?
- Does it remind me of something from your past?
- Did this trigger bring up a felt need?

A

Acknowledge

REFLECT ON THE ROOT

- What deep need, memory, or hurt is being stirred up?
- What do you think you "need" to feel okay right now?
- What are you afraid might happen?
- What are you afraid might be true about you, about others, or about God? ("I'm the problem," "They'll leave me," "I'm alone.")
- What are you trying hard to protect?
- Is there a problem you don't want to face?

R

Respond

INTENTIONALLY RESPOND

- If you stayed calm and loving, how would you act?
- What can you control right now?
- What do you need to let go of?
- What's one small, constructive thing you can do?
- Next time you're triggered, how could you respond instead of react?

SCRIPTURE MEDITATION
PSALM 139

