



RISE

Leadership Group

HOW TO CLEAN UP "THE MESS"

This is a life changing skill. Humans are mess making machines, so until you have a simple way to clean up your messes, you walk around unnecessarily carrying an amazing amount of unconscious weight of hidden shame and guilt. Don't just practice this exercise once or twice. Become a master at it. Demonstrate it until it is an effortless part of life, and your life will "sing and dance." Notice that when someone "dumps us in the soup," we hold on to the upset until they say 4 things. When they say these 4 things, we notice ourselves melt because our pain (like all pain) is only asking for an adjustment, a correction. Once the correction is made the pain can be resolved and disappears.

1. Go the person you made a mess with and say, **"I want you to know that I know I made a mess** (screwed up, blew it, dumped you in the soup etc.) . . . **and I want to clean it up my mess with you."** If it is appropriate to apologize, this is an excellent time to say "I'm sorry." Do not do this if it's not sincere and authentic.
2. **What I did that *didn't* work is...** i.e. "I got scared, and I lied about . . ."
3. **What I would do differently** (If I could turn the movie back) is ...
_____ "
4. **"What I intend to do differently from now on** (the correction) is ...
When I get scared, instead of lying, I'll ask if it's o.k. to be honest,
even though they may not like my response."

- **OPTIONAL:** Step 4 may also include restitution if you need it to feel complete. Another option is to say, "If you could have me say sincerely anything at all, what would be the best thing you can imagine me saying to you, so you can feel that I'm willing to clean up the mess, and feel very resolved about this?" Also - it opens up the space to make powerful requests, like "I want us to get closer by spending more time..."

How to Clean Up a Mess: Summary

1. **"I want you to know that I know I made a mess . . .** (screwed up, blew it, dumped you in the soup etc.) **and I want to clean it up my mess with you. I'm sorry - Please forgive me..."**
2. **What I did that didn't work** (If I could turn the movie back) "Where I was off was that I ..."
3. **What I would do differently** (If I could turn the movie back) Identify the correction/adjustment
4. Tell them what you **commit** to doing differently: **"What I'm willing to do next time is ..."** (include restitution)