

The Clearness Room

Use it when... *your triad is holding one man's question.*

THE COVENANT • READ ALOUD AT THE START OF EVERY ROUND

- *We are here to listen, not to fix.*
- *What is said in this room stays in this room.*
- *We offer no advice unless the man in the chair asks for it.*
- *We mirror and affirm what we hear — we do not judge, correct or improve it.*
- *We trust that a man, truly heard, will find his own clearing.*

ONE MAN IN THE CHAIR • 25–30 MINUTES

1	Frame	1 min	He names what he brings — a draft, or the live question under it.
2	He speaks	5–8	Uninterrupted. Where it feels solid; where it wobbles.
3	Hold the silence	30 sec	Nobody fills it.
4	Honest, open questions	10–15	Questions that open, not steer.
5	Mirror and affirm	5	“Here’s what I heard you say...” In his own words.
6	He responds	—	Refines aloud, or sits with it.
7	Close	—	Affirm him. Opinions only if he asks.

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HONEST, OPEN QUESTIONS

An honest question is one you do not already know the answer to. If it could be advice wearing a question mark, don't ask it.

- When you say it aloud, where do you feel it — and where do you go quiet?
- Which words are yours, and which did you borrow?
- If this were true, what would you stop doing first?
- Who is this for?
- What would it cost you to live it — and is that a price you want to pay?
- What are you afraid it might ask of you?

TWO TRAPS

The fixing reflex. Men paid for decades to solve problems will want to advise. Name it, set it down, reach for a question.

Borrowed clarity. A man without his own words will reach for a louder man's.

DOUBLE CONFIDENTIALITY

Nothing said is repeated — and no one brings it up with him later unless he opens the door.

THIS SKILL'S PRACTICES S11 Honest, open questions • S2 Ask the second question • S5 Ask for a story

More in the Toolkit: 2 • Ask

Adapted from Parker J. Palmer, A Hidden Wholeness, and the Center for Courage & Renewal.

WhyzMen • Rewire Retirement • Card T3 • r3

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