

# L&H MENTAL CLEARING PROCESS

## SIMPLE STEPS TO A STRONGER MIND.



### CREATE MENTAL SAFETY

Mentally place yourself in your favorite setting.



### RECALL THE TRIGGER

Bring to mind the stressful or triggering experience.



### ACKNOWLEDGE BLAME

State the charges toward others or yourself.



### ALLOW THE EMOTIONS

Notice and fully experience the feelings without resistance.



### REFRAME IT

What lesson or blessing came from it? Find the good in the situation.



### PRACTICE FORGIVENESS

Release resentment through compassion and understanding.



### COMPLETE THE PROCESS

Does this event still have emotional charge? If yes, repeat the process until it has none.



Clearing one event can surface older ones you forgot. Keep unpacking until none remain—then your bag of stones is empty, and you reclaim your energy.