BALM

Training Institute and Family Recovery Services

Clear/Unclear Chart

This tool is designed to help you get out of a confused state of mind and into clarity. Here is how it works:

1. Write the problem you are facing.
2. Then, in the Clear column, list everything you know for sure about this problem. Once you have stated everything you know (all the facts and things and ideas you are absolutely sure of),
3. then go to the unclear column and write down everything you are unclear about the situation. (whatever you are unsure of, whatever questions you have, whatever you think might be true but you don't know it is true for a fact).

A lot of times, when people use this tool, they find themselves feeling much clearer about the challenge or at the very least, they know what they still need to find out and can then get to work exploring those things.

(Use as much space as you need, let the rows expand as far as you need them to,) and add as many rows as you need.

Clear	Unclear

https://www.youtube.com/watch?v=eNmcGRp5CVU&feature=youtu.be