DEANIE ROBERTSON
MIDLIFE WOMEN'S LIFE AND MINDSET COACH



a guide for women like us

Getting C.L.E.A.R.

Untangle the story behind your emotions, one step at a time.

A simple five-step method for the moments when your emotions feel bigger than you, with real-life examples for your dreams, your grown children and your marriage.

DR Deanie Robertson COACHING

START HERE

Is this you?

You know how you want to feel. Calm with your grown kids. Close to your husband. Brave enough to finally go after something for yourself.

Then one comment, one quiet phone, or one more silent evening in front of the TV, and the old emotions come rushing back. It can feel like your emotions just happen to you. They don't. There is always a story underneath, and a story is something you can question.

In the next 15 minutes, you'll learn the C.L.E.A.R. method I teach my clients, watch it work in three real-life sticky spots, and try it on one of your own. **Grab a pen.** This guide works best when you write in it.

The C.L.E.A.R. method

	LETTER	WHAT IT MEANS	ASK YOURSELF
C	Circumstance	The facts. Things no one would argue with.	What happened, with no opinions added?
L	Lens	How WE see the circumstance, and the story we've built around it.	What am I telling myself about this?
E	Emotion	The emotion that story stirs up in you.	How does this story make me feel?
A	Action	What that emotion propels you to do, or not do.	What do I do when I feel this way?
R	Result	Where those actions end up. It usually proves the story true.	What am I getting?

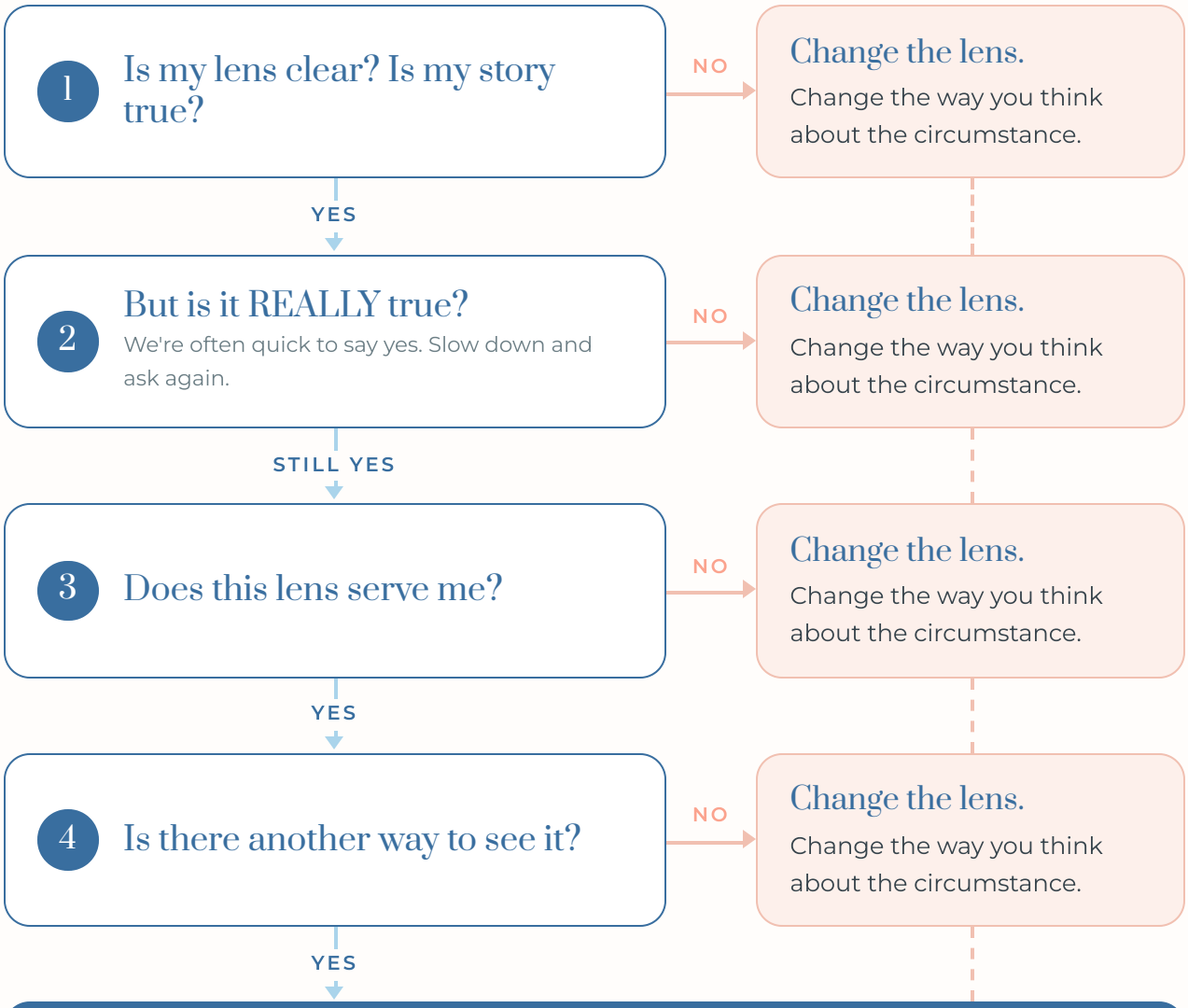
Don't like your result? Go back to the L line.

Forcing yourself to act differently rarely lasts. The lens is where real change begins.

THE HEART OF THE METHOD

The Lens Check

When you don't like your result, question the lens you're looking through. Ask these questions in order, and be honest with yourself.



> Your new lens must still be true. This isn't positive thinking or pretending everything is fine. It's a story that is just as true as the old one, and it serves you better.

STICKY SPOT 1

Your own goals and dreams

You've spent decades making everyone else's plans happen. Now there's something you want for yourself, and a quiet voice keeps asking who you think you are.

	THE OLD LENS	A NEW LENS
C	CIRCUMSTANCE, THE SAME IN BOTH I want to start a part-time business. I'm 54.	
L	"It's too late for me. I don't even know where to start."	"I've figured out harder things than this. I can learn one step at a time."
E	Defeated	Determined
A	Saves ideas but never acts. Compares herself to women who started at 30. Waits until she "feels ready."	Picks one small step each week. Asks for help. Lets the first try be messy.
R	Nothing gets started, which seems to prove it's too late.	She builds proof, one step at a time, that she can do this.

Her Lens Check

Is it true that it's too late? "It feels true."

Is it REALLY true? "No. Women start businesses in their 50s and 60s all the time. It isn't too late. It's just new."

The answer is no, so she changes the lens. Her age and her dream stayed exactly the same. Only the lens changed, and everything below it followed.

Questions for you

1. What's something you want for yourself that you keep putting off?

2. What story do you tell yourself about why you can't, or why not yet?

3. When have you done something hard without knowing exactly how? What does that tell you?

STICKY SPOT 2

Parenting adult children

You raised them to be independent, and now they are. Sometimes that feels like being left out of their lives.

	THE OLD LENS	A NEW LENS
C	CIRCUMSTANCE, THE SAME IN BOTH My daughter (27) moved across the country. We talked once in the last three weeks.	
L	"She's pulling away from me."	"She's building the life I raised her to build. Our relationship is changing, not ending."
E	Hurt	Settled
A	Checks her phone all day. Sends long texts, then feels needy. Makes a guilty comment when they finally talk.	Sends a short, light note with no strings attached. Enjoys the calls when they come. Fills her own days with things she loves.
R	Calls feel tense and get shorter, which seems to prove her daughter is pulling away.	Their calls feel easy, and her daughter wants to call more.

Her Lens Check

Is it true that she's pulling away? "Yes. We talk less than we used to."

Is it REALLY true? "Honestly, yes. Things have changed."

Does this lens serve me? "No. When I look through it, I chase her, and the calls get tense."

Is there another way to see it? "She's doing exactly what I raised her to do. That's just as true, and it lets me enjoy her instead of grieving her."

Questions for you

1. What does your adult child do, or not do, that stings the most? Write only the facts.

2. What story have you built around it, about you or about them?

3. What kind of mother do you want to be in this season? What lens would she look through?

STICKY SPOT 3

Marriage

The kids are gone, the house is quiet, and you're looking across the table at the man you married, wondering what's left besides the logistics.

	THE OLD LENS	A NEW LENS
C	CIRCUMSTANCE, THE SAME IN BOTH My husband watched TV every night this week. We haven't gone out together in two months.	
L	"He doesn't care about us anymore."	"We fell into a routine. I can be the one to invite us out of it."
E	Resentful	Hopeful
A	Goes quiet or makes sharp comments. Keeps score. Waits for him to make the first move.	Asks him to go for a walk on Saturday. Tells him plainly what she misses. Notices what he does do right.
R	More distance between them, which seems to prove he doesn't care.	A little more connection, and a clearer picture of where they really stand.

Her Lens Check

Is it true that he doesn't care? "It sure feels true."

Is it REALLY true? "No. I can't know what's in his heart. He still asks about my day, and he fixed the car without being asked."

The answer is no, so she changes the lens. That doesn't mean pretending everything is fine or carrying the marriage alone. It means choosing how she wants to show up, then seeing what's really there.

Questions for you

1. What's one pattern in your marriage that frustrates you? Write only the facts.

2. What story have you built around it?

3. If you looked through a lens that let you reconnect, what's one small thing you'd do this week?

If you're in a marriage where you feel unsafe, this guide is not a substitute for real support. Please reach out to someone you trust or a licensed professional.

YOUR TURN

Get C.L.E.A.R. on your own story

Pick one sticky spot in your own life. Fill in the old lens first, top to bottom. Then turn the page for your Lens Check, and come back to write your new lens beside it.

	MY OLD LENS	MY NEW LENS
C Circumstance Facts no one would argue with		
L Lens The story I'm telling myself		
E Emotion One word		
A Action What I do or don't do		
R Result Where it ends up		

YOUR TURN

My Lens Check

Take the story from your L line and ask each question honestly.

1. Is my lens clear? Is my story true?

2. Is it REALLY true?

3. Does this lens serve me?

4. Is there another way to see it that is still true?

If your new lens feels like a lie

Add "I'm learning to..."

"I'm learning to trust myself" is easier to believe than "I trust myself."

Look for proof

Write down one time in your life the new lens was already true.

Check the emotion

If the new lens doesn't change how you feel at all, keep looking. The right one usually brings a little relief.

Practice it

Your old lens has had years of practice. Give the new one a few weeks.

Stuck on the Lens Check? That's normal. Let's do it together: **deanierobertsoncoaching.com/book**

THE HARDEST PART

Seeing your own lens



Most of the stories that keep us stuck don't feel like stories. They feel like the plain truth. That's why the Lens Check is the step where women most often get stuck on their own. It's hard to see the lens you're looking through.

That's where one-to-one coaching comes in. When we work together, I help you see the lenses you can't see on your own, question the stories that keep you stuck, and practice new ones until they feel like the truth. Week by week, you reconnect with what you want and start moving toward it, with someone in your corner.

Wondering if coaching is right for you? Let's find out together. In a complimentary 30-minute call, we'll talk about where you are, where you'd like to be, and whether one-to-one coaching is the right next step. There's no cost and no pressure.

Book Your Complimentary Coaching Call

deanierobertsoncoaching.com/book

With you in this next chapter,

Deanie

DEANIE ROBERTSON · MIDLIFE WOMEN'S LIFE AND MINDSET COACH

P.S. Keep this guide somewhere you'll see it. The next time an emotion feels bigger than you, pull it out and ask yourself one question: is my lens clear?

Deanie Robertson
DR
COACHING