



TEAMFIRST DEVELOPMENT

Building Empowered Teams

Clean Language

Benefits of Clean Language

- Clean Language helps build rapport with others. When you use other people's words, they feel supported, respected, listened to, and motivated to improve their situation.
- Improves your own self-awareness. By directly focusing on how you ask questions you become more self-aware.
- Clean Language can be used to explore a person's metaphors. This creates a bridge between the conscious and unconscious mind, enhancing self-awareness and self-understanding.

Clean Language Questions by David Grove

Developing Questions

- (and) what kind of X (is that X)?
- (and) is there anything else about X?
- (and) where is X? or (and) whereabouts is X?

Identify Questions

- (and) what would X like to have happen?
- (and) how do you know X?
- (and) that's X like what?

Sequence and Source Questions

- (and) then what happens? or (and) what happens next?
- (and) what happens just before X?
- (and) when X, what happens to Y?
- (and) where could X come from?

Necessary Conditions

- (and) when X, what would you like to have happen now?
- (and) what needs to happen for X?



For more information please contact: wayde@wayde.com



Principles of Clean Language

- ✓ Listen attentively
- ✓ Keep your opinions and advice to yourself as far as possible
- ✓ Ask Clean Language questions to explore a person's metaphors (or everyday statements)
- ✓ Listen to the answers and then ask more Clean Language questions about what the person has just said

Clean Resources

- "Clean Approaches for Coaches" by Marian Way
- "Clean Language: Revealing Metaphors and Opening Minds" by Wendy Sullivan and Judy Rees
- "From Contempt to Curiosity" by Caitlin Walker
- Sharon Small - cleanlanguagetraining.com
- Marian Way - cleanlearning.co.uk
- Judy Rees - learncleanlanguage.com
- The Clean Collection - cleanlanguage.co.uk

Cleanness Rating Scale

- ❖ Strongly Leading – Introduces words, frames, or opinions (especially via metaphors and presuppositions) that cast doubt upon the authenticity or authorship of interviewees answers
- ❖ Mildly Leading – Introduces new words to the conversation, however, these words aren't strongly metaphorical or presuppositional
- ❖ Contextually Clean – A close alternative to Classically Clean that only introduces 'neutral' words based upon the context of the conversation
- ❖ Classically Clean – A question from the Clean Language set that only uses the interviewees words

Clean Light Game (Prosocial)

Interject 1 Clean Language Question into each encounter you have. This will:

- Develop your listening skills
- Get comfortable asking various Clean Language Questions
- Notice how different the responses can be when using Clean Language Questions
- Get to know others and help others get to know more about themselves

