

## Conflict to Connection Conversations

### *6 Types of Conversation, Inner and Outer, for Restoring Empathic Connection*

As an aspect of the *Triad “3Chairs” Model of Consciousness & Conversation*, there are 6 types of conversations for restoring empathic connection (internally and with others). They relate to an empirically supported model of emotion circuits/networks in the brain, developed by affective neuroscience researcher Jaak Panksepp, and to distinctions in patterns of thinking/belief. Panksepp identified 7 emotion circuits: CARE, RAGE/ANGER, FEAR, PANIC/GRIEF, SEEKING, PLAY, LUST. The intention of these conversations is to activate the brain and nervous system’s CARE circuit. When experiencing disconnection:

#### **You can start with choosing between two types of inner conversation involving FEAR or ANGER towards others:**

- **Recovering/Debriefing with Resilience.** When you’re feeling FEAR/anxiety/stress in relation to something that has happened, and there is fear of judgments of wrongness towards you. [Mourn Celebrate Learn Process]
- **Preparing to Respond with Compassion.** When you’re feeling ANGER towards another person, and you have judgments of wrongness toward the other. [Enemy Image Process]

#### **You can then choose between two types of conversation between parts of self:**

- **Self-Compassion Conversation:** When you are feeling PANIC/GRIEF (fear of sadness, loneliness) and perhaps ANGER *towards yourself*, or shame or guilt, about a past choice/action you took and you’re also having strong thoughts of self-judgment. There may be an interruption of the PLAY/joy emotion circuit. [Chooser–Evaluator Process]
- **Internal Mediation Conversation:** When you are feeling FEAR/anxiety/stress and PANIC/GRIEF, confusion, stuckness, depressed, and having thoughts of inner demand such as “I can’t”, “I have to”, or “I should” about a future decision, choice, direction. There may be an interruption of the SEEKING/enthusiasm emotion circuit. [Internal Mediation Process]

#### **Or you can choose between two types of conversation with another person:**

- **Having Difficult Conversations:** When there is FEAR/anxiety/stress in relation to having a conversation with someone, and there is strong disagreement and lack of acceptance. [3Chairs Process]
- **Reconciliation, Healing, and Forgiveness:** When there is ANGER and emotional hurt/pain, as well as thoughts of blame. [Healing & Reconciliation Process]

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