

## ENEMY IMAGE PROCESS HANDOUT

*Preparing to respond with compassion: The inner conversation when you're feeling anger towards another*

The Enemy Image Process (EIP) is for transforming internal negative images when you're feeling ANGER towards another person, and you have judgments of wrongness toward them.

### Part I: Empathy towards Yourself

1. **Observations:** sense perceptions and thoughts/beliefs
2. **Feelings:** body sensation and emotion
3. **Needs:** separate from the situation, universal

***Cycling:** As you go through OFN, you may cycle multiple times through the components as you notice/discover deepening layers. This may be nonlinear.*

### Part II: Empathy towards the Other (within yourself)

1. **Observations:** imagine sense perceptions and thoughts/beliefs *of the other*
2. **Feelings:** imagine body sensation and emotion *of the other*
3. **Needs:** imagine the universal needs *the other* may be trying to meet when they do what is difficult/triggering for you

***Cycling:** You may cycle multiple times through the OFN components for the other. If you notice getting triggered doing this, you can cycle back to Part I, and then back and forth b/w Parts I and II. This may be nonlinear.*

### Part III: Emergence of New Possibilities (Requests of self)

1. **Learn.** What did you learn from doing Parts I and II? Any new ideas, insights, or possibilities that have emerged from the empathic connection?
2. **Plan.** What's your specific action plan now for how you want to respond to the situation? It may involve requests of yourself, other person, or someone else.
3. **Practice:** After forming an action plan, you may want to practice whatever you came up with, e.g. practicing a conversation with the other.

***Cycling:** As you go through these steps, you may notice more reactions coming up in you. You could then go back to Parts I and II, and then back to III.*

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