

ENEMY IMAGE PROCESS (EIP) CONVERSATION HANDOUT

Preparing to respond with compassion: Inner conversation map for anger towards another

Practice by yourself: Take yourself through the 3 parts of the EIP map. It helps to somehow externalize and physicalize the process using 3 chairs/seats, journaling, drawing, movement.

Dyad partner practice: Speaker expresses starting with Part I, moving through the EIP map. Practice partner listens, reflects back, and tracks following the EIP map and using Elements of Empathy (see handout). Debrief and feedback at the end of the process.

Triad partner practice: Person with the “enemy image” takes the role of self, another takes the role of “inner other,” and the third takes the role of holding empathic presence, tracking, and supporting as needed. You can rotate through the roles (e.g. self -> other » presence), debriefing/feedback before rotating and at the end of the process.

Part I: Empathy for Self (self-empathy)

1. **Observations:** What the other said/did and *your* evaluations/judgments of the other
2. **Feelings:** *Your* body sensations and emotions
3. **Needs:** *Your* needs, separate from the other, at the source of thoughts and feelings

Cycling: *Speaker may cycle through OFN as they notice/discover deepening layers. Listener reflects back what they heard.*

Part II: Empathy for Other (within yourself)

1. **Observations:** What you imagine *the other's* perceptions and evaluations to be
2. **Feelings:** What you imagine *the other's* body sensations and emotions to be
3. **Needs:** What needs you imagine they may have been trying or wanting to meet

Cycling: *Speaker may cycle through OFN for the other. If triggered, cycle back and forth between Parts I and II. Listener reflects back what they heard and helps track process.*

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.

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