

## STEPS OF THE CONFLICT TO CONNECTION MAPS

*The Steps of the 6 Maps for Self-Empathy and Dyad and Triad Practice*

These conversation maps can be done with yourself as expanded self-empathy, in dyad empathy conversation practice, and in triad role play practice.

In self-empathy practice — OFNR components

In dyad and triad practice — Elements of Empathy & Empathic Conversation Structure

### Inner Conversations When Anger or Fear Towards Other(s)

#### Enemy Image Process (Anger)

1. Empathy for Self
2. Empathy for Other
3. New possibilities/plan for action

#### Mourn Celebrate Learn (Fear)

1. Empathy for needs not met
2. Empathy for needs met
3. Learning for the future

### Inner Conversations When Anger or Fear with Parts of Self

#### Chooser-Educator/Evaluator (Past)

1. Empathy for inner Chooser
2. Empathy for inner Evaluator
3. Solution requests and agreements (3)

#### Internal Mediation (Future)

1. Empathy for inner Part A
2. Empathy for inner Part B
3. Solution requests and agreements (3)

### Outer Conversations When Fear or Anger/Hurt with Other

#### 3Chairs Process

1. Mutual Understanding between person A and B
2. Clarify most important needs of both
3. Solution requests and agreements (3)

#### Healing & Reconciliation Process

1. Receiver expresses, and Actor empathizes
2. Actor expresses “mourning” (if Receiver wants)
3. Actor expresses needs they were trying to meet (if Receiver wants)
4. Healing/restorative actions and new strategies to meet needs

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