

MAPS OVERVIEW HANDOUT

CORE MAP

- Peace in Self-Connection [*Self-Connection Practice*]

FOUNDATION MAPS

- Empathy in Speaking & Listening [*Elements of Empathy*]
- Freedom in Conflict [*Intensity Practice*]
- Courage with No and Yes (Requests) [*Need Behind the No*]

CONFLICT MAPS

Outer-Inner Conversations

- Resilience for Self [*Mourn Celebrate Learn*] - When there are emotions of fear/stress and thoughts of being judged by others.
- Compassion for Other [*Enemy Image Process*] - When there are emotions of anger and thoughts of judging others.

Inner Conversations

- Self-Compassion for the Past [*Chooser-Educator*] - When there are emotions of anger, guilt, shame and thoughts of self-judgment.
- Self-Direction for the Future [*Internal Mediation*] - When there are emotions of anxiety/grief, confusion, overwhelm and thoughts of self-demand.

Outer Conversations

- Bridging Differences [*3Chairs Process for Difficult Conversations*] - When there are emotions of fear/stress, anxiety/grief, overwhelm and thoughts of other's wrongness.
- Healing Divides [*Reconciliation & Healing Process*] - When there are emotions of anger, hurt and thoughts of blame, betrayal, breaking of trust.

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