

THE JOURNEY OF CONFLICT

Mediate Your Life Training

Mediation-Meditation-Communication – The Power of Conflict

The Journey of Conflict – Meaning, purpose, inspiration, love, community

- I. What is Conflict?
 - A. The Territory – The Safety-Survival System
 - B. Fight-Flight-Freeze-and-to-Please (FFFP), conflict habits/patterns
 - C. Nervous system regulation and co-regulation
- II. What is Mediation?
 - A. The Route and Vessel for the Journey – Safe, trustworthy structure – equality
 - B. 3Chair Model – Facilitative, Evaluative, Transformative, Narrative
 - C. Connection vs. Problem-Solving Focus
- III. What is Communication (Nonviolent Communication/NVC)?
 - A. The Equipment/Tools – Skills
 - B. OFNR as language and awareness, Need consciousness, I-Statement 3.o
 - C. Judgment-demand language → FFFP
- IV. What is Meditation?
 - A. The Navigation System/GPS
 - B. 3Chair Model, 3rd chair of awareness (nondual, We-Thou communion)
 - C. Conversation maps to navigate through territories of conflict

THE CORE - Self-Connection Practice - UNCONDITIONAL WELLBEING

FOUNDATION MAPS

- Empathy in Speaking & Listening [*Elements of Empathy map*] - LOVING
- Safety in Conflict [*Intensity Practice map*] - PEACEFUL
- Freedom in No and Yes [*Need Behind the No map*] - JOYFUL

CONFLICT MAPS

Inner-Outer Conflict

- Resilience for Self [*Mourn Celebrate Learn map*] - SHAME/PANIC-GRIEF
- Compassion for Other [*Enemy Image Process map*] - ANGER

Inner Conflict

- Self-Compassion for the Past [*Chooser-Evaluator map*] - GUILT
- Self-Direction for the Future [*Internal Mediation map*] - DEPRESSED MOOD

Outer Conflict

- Bridging Differences [*3Chairs Process for Difficult Conversations map*] - FEAR
- Healing Divides [*Reconciliation & Healing map*] - HURT

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