CHOOSER-EVALUATOR

Mediating Self-Compassion for the Past: Inner Conflict map guilt, self-anger, and self-judgment

Practice by yourself: Take yourself through the 3 parts of the C-E map. It helps to externalize and physicalize the process using 3 chairs/seats, journaling, drawing, movement.
Dyad partner practice: Person with the situation expresses, starting with either the voice of the inner "Chooser" or "Educator/Evaluator," moving through the C-E map. Practice partner listens, reflects back, and tracks following the C-E map and using Elements of Empathy (see handout). Debrief and feedback at the end of the process.
Triad partner practice: Person with the situation takes the role of Chooser or Educator/Evaluator, another takes the other role, and the third takes the role of holding empathic presence, tracking, and supporting as needed. You can rotate through the roles (e.g. chooser ⇻ educator ⇻ presence), debriefing before rotating and at the end of process.

Part I: Empathy for Inner "Evaluator"

1. **Observations**: What evaluations/judgments does the Educator/Evaluator have?
2. **Feelings**: What body sensations and emotions of the Educator/Evaluator?
3. **Needs**: What unmet needs are being expressed through the evaluations/judgments?

   Cycling: Cycle through OFN for Evaluator as you notice/discover deepening layers.

Part II: Empathy for Inner "Chooser"

1. **Observations:** What did the Chooser do?
2. **Feelings**: What body sensations and emotions for the Chooser?
3. **Needs**: What are the needs, at the source of thoughts and feelings, of the Chooser? What needs was Chooser trying to meet

   Cycling: Cycle through OFN in Parts I and II, and back and forth between Parts I and II.

Part III: Solution requests and agreements

1. What solution requests come from the Chooser and Educator parts?
2. Move toward main agreements (Need Behind the No process).
3. See if there is agreement on: main, supporting, and restoring agreements.