

Conflict Maps Overview

6 Conversation Maps (Inner and Outer) for Navigating and Transforming Conflict in Our Lives

In this approach, there are 6 types of conflict “maps” for responding to conflict, which are associated with particular patterns of thinking/belief and emotion. I’ve drawn on emotion research of Paul Ekman and Jaak Panksepp. In Nonviolent Communication (NVC), the cause of violence and suffering in conflict and disconnection is moral judgment thinking and language (including demands).

As I see it, judgment triggers the brain’s biological fight-flight-freeze-and-to-please safety-survival system, and two primary emotions: FEAR and ANGER, and associated emotions and levels of intensity. Other related emotions include: STRESS, ANXIETY, PANIC/GRIEF (fear of losing primary attachment connection), SHAME, GUILT, DEPRESSED MOOD, HURT.

Conflict Maps

INNER-OUTER CONFLICT MAPS IN RELATION TO OTHERS



- 1 Resilience for Self**
[Mourn Celebrate Learn map]

Judgment thinking from other(s) towards oneself. Judgments of criticism, failure, inadequacy

Shame
Emotions of shame, panic/grief, anxiety, sadness



- 4 Compassion for Other**
[Enemy Image Process map]

Judgment thinking towards other(s)

Anger
Emotions of anger, frustration, irritation, rage, outrage, disgust

INNER CONFLICT MAPS BETWEEN PARTS OF SELF



- 2 Self-Compassion for the Past**
[Chooser-Evaluator map]

Judgment thinking towards oneself from an inner “Evaluator.” Self-judgment, self-blame, self-punishment

Guilt
Emotions of guilt, self-anger, disgust with self



- 3 Self-Direction for the Future**
[Internal Mediation map]

Judgment thinking, particularly demand thinking, between parts of oneself in relation to a future decision, choice, goal, direction to move in

Depressed
Emotions of depression/ depressed mood, panic/grief, confusion, overwhelm, frozen, stuckness

OUTER CONFLICT MAPS BETWEEN SELF AND OTHERS



- 5 Bridging Differences**
[3Chairs Process for Difficult Conversations map]

Judgment thinking b/w self and other about beliefs, strategies, personalities

Fear
Emotions of fear, anxiety, anger



- 6 Healing Divides**
[Reconciliation & Healing Process map]

Judgment thinking between self and other about harm, breaking of trust

Hurt
Emotions of hurt, anger, rage, resentment, emotional pain, sadness

