

Conflict Maps Overview

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

Conflict maps

INNER-OUTER CONFLICT MAPS **IN RELATION TO OTHERS**

- **Resilience for Self** [Mourn Celebrate Learn map] (SHAME)
 - > Judgment thinking from other(s) towards oneself. Judgments of criticism, failure, inadequacy
 - > Emotions of: shame, panic/grief, anxiety, sadness
- **Compassion for Other** [Enemy Image Process map] (ANGER)
 - > Judgment thinking towards other(s)
 - > Emotions of anger, frustration, irritation, rage, outrage, disgust

INNER CONFLICT MAPS **BETWEEN PARTS OF SELF**

- **Self-Compassion for the Past** [Chooser-Evaluator map] (GUILT)
 - > Judgment thinking towards oneself from an inner “Evaluator.” Self-judgment, self-blame, self-punishment.
 - > Emotions of guilt, self-anger, disgust with self
- **Self-Direction for the Future** [Internal Mediation map] (DEPRESSED)
 - > Judgment thinking, particularly demand thinking, between parts of oneself in relation to a future decision, choice, goal, direction to move in
 - > Emotions of depression/depressed mood, panic/grief, confusion, overwhelm, frozen, stuckness

OUTER CONFLICT MAPS **BETWEEN SELF AND OTHERS**

- **Bridging Differences** [3Chairs Process for Difficult Conversations map] (FEAR)
 - > Judgment thinking b/w self and other about beliefs, strategies, personalities
 - > Emotions of fear, anxiety, anger
- **Healing Divides** [Reconciliation & Healing Process map] (HURT)
 - > Judgment thinking between self and other about harm, breaking of trust
 - > Emotions of hurt, anger, rage, resentment, emotional pain, sadness

