

Foundation Maps Overview

Foundation Maps



A Self-Connection
[Self-Connection Practice]

OFNR mindfulness, moving to the inner 3rd chair, responding to the Fight-Flight-Freeze stress reaction

Wellbeing



B Empathy in Speaking & Listening
[Elements of Empathy map]

Supporting empathic connection in conversation between listener & speaker, based in OFNR

Loving



C Safety in Conflict
[Intensity Practice]

Consciously responding to triggering stimuli coming toward you

Peaceful



D Freedom in No and Yes
[Need Behind the No map]

Hearing and saying no with empathy and compassion

Joyful

