

Foundation Maps Overview

Foundation maps

- **Self-Connection** [Self-Connection Practice] (WELLBEING)
 - > OFNR mindfulness, moving to the inner 3rd chair, responding to the Fight-Flight-Freeze stress reaction
- **Empathy in Speaking & Listening** [Elements of Empathy map] (LOVING)
 - > Supporting empathic connection in conversation between listener & speaker, based in OFNR
- **Safety in Conflict** [Intensity Practice] (PEACEFUL)
 - > Consciously responding to triggering stimuli coming toward you
- **Freedom in No and Yes** [Need Behind the No map] (JOYFUL)
 - > Hearing and saying no with empathy and compassion

