

# Mediate Your Life Maps Overview

## Foundation Maps



**A Self-Connection**

**Wellbeing**

[Self-Connection Practice]



**B Empathy in Speaking & Listening**

**Loving**

[Elements of Empathy map]



**C Safety in Conflict**

**Peaceful**

[Intensity Practice]



**D Freedom in No and Yes**

**Joyful**

[Need Behind the No map]

## Conflict Maps

### INNER-OUTER CONFLICT MAPS



**1 Resilience for Self**

**Shame**

[Mourn Celebrate Learn map]



**4 Compassion for Other**

**Anger**

[Enemy Image Process map]

### INNER CONFLICT MAPS



**2 Self-Compassion for the Past**

**Guilt**

[Chooser-Evaluator map]



**3 Self-Direction for the Future**

**Depressed**

[Internal Mediation map]

### OUTER CONFLICT MAPS



**5 Bridging Differences**

**Fear**

[3Chairs Process for Difficult Conversations map]



**6 Healing Divides**

**Hurt**

[Reconciliation & Healing Process map]

