

Mediate Your Life Maps Overview

Foundation maps

- **Self-Connection** - key emotion: WELLBEING
- **Empathy in Speaking & Listening** [Elements of Empathy map] - key emotion: LOVING
- **Safety in Conflict** [Intensity Practice] - key emotion: PEACEFUL
- **Freedom in No and Yes** [Need Behind the No map] - key emotion: JOYFUL

Conflict maps

OUTER-INNER CONFLICT

- **Resilience for Self** [Mourn Celebrate Learn map] - key emotion: SHAME
- **Compassion for Other** [Enemy Image Process map] - key emotion: ANGER

INNER CONFLICT

- **Self-Compassion for the Past** [Chooser-Evaluator map] - key emotion: GUILT
- **Self-Direction for the Future** [Internal Mediation map] - key emotion: DEPRESSED

OUTER CONFLICT

- **Bridging Differences** [3Chairs Process for Difficult Conversations map] - key emotion: FEAR
- **Healing Divides** [Reconciliation & Healing Process map] - key emotion: HURT

