

Steps of the Conflict Maps

The Steps of the 6 Maps for Self-Empathy and Dyad and Triad Practice

These conversation maps can be done with yourself as expanded self-empathy, in dyad empathy conversation practice, and in triad role play practice.

- > In self-empathy practice — OFNR components
- > In dyad and triad practice — Elements of Empathy & Empathic Conversation Structure

INNER-OUTER CONFLICT MAPS IN RELATION TO OTHERS

1 Resilience for Self

[Mourn Celebrate Learn map]

1. Mourning needs not met
2. Celebrating needs met
3. Learning - emergence of new possibilities

4 Compassion for Other

[Enemy Image Process map]

1. Empathy for Self
2. Empathy for Other
3. Emergence of new possibilities

INNER CONFLICT MAPS BETWEEN PARTS OF SELF

2 Self-Compassion for the Past

[Chooser-Evaluator map]

1. Empathy for inner Chooser
2. Empathy for inner Evaluator
3. Solution requests and agreements (3)

3 Self-Direction for the Future

[Internal Mediation map]

1. Empathy for inner Part/Voice A
2. Empathy for inner Part/Voice B
3. Solution requests and agreements (3)

OUTER CONFLICT MAPS BETWEEN SELF AND OTHERS

5 Bridging Differences

[3Chairs Process for Difficult Conversations map]

1. Mutual understanding
2. Clarify most important needs
3. Solution requests and agreements (3)

6 Healing Divides

[Reconciliation & Healing Process map]

1. Receiver expresses, and Actor empathizes
2. Actor expresses “mourning”
3. Actor expresses needs they were trying to meet
4. Healing/restorative actions and new strategies to meet needs

