

Steps of the Foundation Maps

The Steps of the 4 Foundation Maps to support using the 6 Conversation Maps

These foundations maps can be used by yourself during and in preparation to using the 6 conversation maps.

A Self-Connection

[Self-Connection Practice]

1. Breath – Awareness of Mind – perception and thought
2. Body – Presence in Body – sensations and emotions
3. Need – Consciousness as Unity/Oneness – awareness of awareness & choice

B Empathy in Speaking & Listening

[Elements of Empathy map]

1. Presence – non-thinking attention
2. Understanding – holding multiple perspectives/subjective frames
3. Needs – uncover feelings & needs behind strategies
4. Silent and Out Loud

C Safety in Conflict

[Intensity Practice]

1. Notice state of body and mind – fight-flight-freeze
2. Hearing the 'please' – hear needs & requests
3. Consciously choose response – harmony & alignment with values

D Freedom in No and Yes

[Need Behind the No map]

1. Clarify specific requests & needs behind the no
 2. Do SCP & Self-Empathy
 3. Search for new requests & strategies – to meet needs of both
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