



Compassion for Other

[ENEMY IMAGE PROCESS MAP]

Judgment thinking towards other(s)

Practice by yourself: Take yourself through the 3 parts of the EIP map. It helps to somehow externalize and physicalize the process using 3 chairs/seats, journaling, drawing, movement.

Dyad partner practice: Speaker expresses starting with Part I, moving through the EIP map. Practice partner listens, reflects back, and tracks following the EIP map and using Elements of Empathy (see handout). Debrief and feedback at the end of the process.

Triad partner practice: Person with the "enemy image" takes the role of self, another takes the role of "inner other," and the third takes the role of holding empathic presence, tracking, and supporting as needed. You can rotate through the roles (e.g. self → other → presence), debriefing/feedback before rotating and at the end of the process.

Part I: Empathy for Self (self-empathy)

- 1. Observations:** What the other said/did and *your* evaluations/judgments of the other
- 2. Feelings:** *Your* body sensations and emotions
- 3. Needs:** *Your* needs, separate from the other, at the source of thoughts and feelings

Cycling: Speaker may cycle through OFN as they notice/discover deepening layers. Listener reflects back what they heard.

Part II: Empathy for Other (within yourself)

- 1. Observations:** What you imagine *the other's* perceptions and evaluations to be
- 2. Feelings:** What you imagine *the other's* body sensations and emotions to be
- 3. Needs:** What needs you imagine *they* may have been trying or wanting to meet

Cycling: Speaker may cycle through OFN for the other. If triggered, cycle back and forth between Parts I and II. Listener reflects back what they heard and helps track process.

Part III: Emergence of New Possibilities (requests)

- 1. Learn.** What did you learn from doing Parts I and II? Any new ideas, insights, or possibilities that have emerged from the empathic connection?
- 2. Plan.** What's your specific action plan now for how you want to respond to the situation? It may involve requests of yourself, other person, or someone else.
- 3. Practice:** After forming an action plan, you may want to practice whatever you came up with, e.g. practicing a conversation with the other.



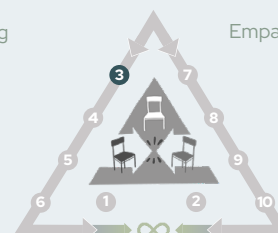
Self-Connection and Wellbeing

Compassion for Other

Resilience with Feedback

Self-Compassion for the Past

Self-Direction for the Future



Empathy in Speaking and Listening

Peace in Intensity

Freedom with No and Yes

Bridging Differences

Healing Hurt and Divides