



# Self-Compassion for the Past

[CHOOSER / EVALUATOR MAP]

Judgment thinking towards oneself from an inner "Evaluator."  
Self-judgment, self-blame, self-punishment

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

**Dyad partner practice:** Person with the situation expresses, starting with either the voice of the inner "Chooser" or "Evaluator," moving through the C-E map. Practice partner listens, reflects back, and tracks following the C-E map and using Elements of Empathy (see handout). Debrief and feedback at the end of the process.

**Triad partner practice:** Person with the situation takes the role of Chooser or Evaluator, another takes the other role, and the third takes the role of holding empathic presence, tracking, and supporting as needed. You can rotate through the roles (e.g. chooser → educator → presence), debriefing before rotating and at the end of process.

## Part I: Express from voice of your inner Chooser and receive empathic listening/reflection

1. **Observations:** What did the Chooser do?
2. **Feelings:** What body sensations and emotions for the Chooser?
3. **Needs:** What are the needs, at the source of thoughts and feelings, of the Chooser?  
What needs was Chooser trying to meet?

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

## Part II: Express from voice of your inner Evaluator and receive empathic listening/reflection

1. **Observations:** What evaluations/judgments does the Evaluator have?
2. **Feelings:** What body sensations and emotions of the Evaluator?
3. **Needs:** What unmet needs are being expressed through the evaluations/judgments?

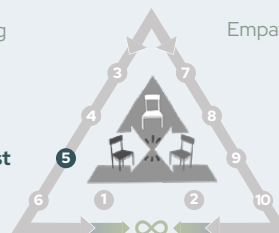
*Cycling: Speaker may cycle through OFN in both Parts I and II, and back and forth between Parts I and II. Listener reflects back to Evaluator.*

## Part III: Solution requests and agreements

1. What solution requests come from the Chooser and Evaluator parts?
2. Move toward main agreements (Need Behind the No process).
3. See if there is agreement on: main, supporting, and restoring agreements.



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