



# Self-Direction for the Future

[INTERNAL MEDIATION MAP]

Judgment thinking, particularly demand thinking, between parts of oneself in relation to a future decision, choice, goal, direction to move in

**Practice by yourself:** Take yourself through the 3 parts of the IM 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 inner Part/Voice A that wants to speak first, moving through the IM map. Practice partner listens, reflects back, and tracks following the IM 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 the Part/Voice that wants to speak first, another takes the role of Part/Voice B, and the third takes the role of holding empathic presence, tracking, and supporting as needed. You can rotate through the roles (e.g. voice A → voice B → presence), debriefing before rotating and at the end of process.

## Part I: Express from inner Part/Voice A that wants to speak first and receive empathic listening/reflection (what name does it want to be called?)

- Observations:** What does this Part observe in relation to future decision/direction?
- Feelings:** What body sensations and emotions for this Part?
- Needs:** What are the needs, at the source of thoughts and feelings, of this Part?

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

## Part II: Express from inner Part/Voice B that wants to speak and receive empathic listening/reflection (what name does it want to be called?)

- Observations:** What does this Part observe in relation to future decision/direction?
- Feelings:** What body sensations and emotions for this Part?
- Needs:** What are the needs, at the source of thoughts and feelings, of this Part?

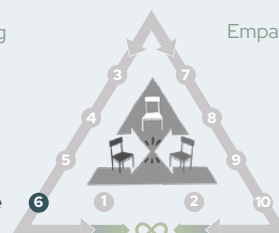
*Cycling:* Speaker may cycle through OFN in both Parts I and II, and back and forth between Parts I and II. Listener reflects back to the Voice that is speaking.

## Part III: Solution requests and agreements

- What solution requests come from the Parts/Voices A and B?
- Move toward main agreements (Need Behind the No process).
- 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