

Part I: Empathy for Yourself

Say to yourself silently or out loud to your practice partner:

1. **Observations** of:
 - a. (1) What the other said or did that triggered your reaction
 - b. (2) Judgments, "enemy images," "stories" you have about the other
2. **Feelings:** Sensations and emotions in *your* body. Watch for "faux feelings."
3. **Needs:** *Your* universal human desires, not specific to any "strategy." Take time to feel and experience the feelings and needs in your body.

Cycling: As you go through the steps, you may notice you have more reaction in you with which to empathize. Continue to cycle through steps 1-3 until you feel complete for the moment, connected to your needs, and feeling a degree of inner calm, relaxation, and centeredness.

Part II: Empathy for Other

Say to yourself silently or out loud to your practice partner your guess of:

Observations of

- a. (1) What you said or did that might have been triggering to the Other
- b. (2) What their thoughts about you and the situation might be
2. **Feelings:** sensations and emotions in *their* body
3. **Needs:** *Their* universal human desires, not specific to any "strategy"

Cycling: As you move through these steps, continue cycling through all 3 until you feel complete for the moment, connected to the Other, more peaceful and non-reactive. ALSO, as you attempt to empathize with the other, you may get triggered into more of your own reactions. If this happens, go back to Part I and cycle back and forth between Part I and Part II as needed.

Mediate Your Life

Part III: Emergence of New Possibilities

Ask yourself about your:

1. **Learning** from doing Parts 1 and 2. Any new ideas, insights, or possibilities that have emerged that you now see?
2. **Plan** of action (specific) for how to meet your needs now that you are on the “other side of connection.” See if you can form a specific, action-language, ‘doable’ (what you do want) request of yourself, which may be to make a request of the other person or someone else.
3. **Practice:** After forming an action request and a plan, you may want to practice whatever you came up with. If this involves a conversation, you can practice what you might actually say; and also practice dealing with challenging ways they might respond. One way to do this is to role-play a practice conversation (e.g., with a coach, practice partner or through journaling).

***Cycling:** As you go through these steps, you may notice more conflict reactions coming up in you. You could then go back to Parts I and II, and cycle back and forth between Parts I-II and Part III until you feel ready to complete Part III.*