

# Internal Mediation (IM)

The Internal Mediation (IM) process is one of the inner mediation maps for navigating a conflict between different parts or aspects of ourselves in the present about a choice to make in the future. The IM process can also be used for “shadow work,” finding and working with unconscious inner conflicts (i.e., in the “shadows” outside the light of awareness) that are being triggered by external conflicts with others.

## **IM steps:**

### **1. Empathize with the first voice that wants to be heard (Voice A)**

Ask what voice wants to be heard first, and empathize with that voice (Voice A), using the four elements of empathy. Reflect back your understanding and get to the feelings and needs. It can help to ask this voice what its name is, and the role or function it is playing. You can think of this as akin to being in a dark room, and needing to ask questions to find out who’s there. In shadow work, Voice A speaks about reactions to the external other.

### **2. Empathize with the second voice that wants to be heard (Voice B)**

Ask what other voice wants to speak and be heard in relation to what Voice A has said. Empathize with that voice (Voice B), using the four elements of empathy. Reflect back your understanding as well as getting to the feelings and needs. You can ask this voice too about its name, role, function, etc.

- Sometimes other parts or aspects of the self emerge to be heard. If this happens empathize with each.
- When using IM for shadow work, have the external person with whom there is conflict become an inner part or aspect of the self (Voice B), and empathize with this voice. Another option is to look for some other part or parts of the self that are somehow related to the person or the pattern or dynamic in the external conflict.

### **3. Ask Voice B to empathize with Voice A.**

Ask Voice B if it would say to Voice A what it heard A say and its needs.

### **4. Ask Voice A to empathize with Voice B.**

Ask Voice A if it would say to Voice B what it heard B say and its needs.

- If there have been more than two voices speaking, then ask the ones in conflict with each other to reflect back what they heard each other say and their needs.

*[Cycle through steps 1-4 as need to create inner understanding and connection.]*

### **5. Solution Requests.**

Ask Voice A and B if they have solution requests of each other to meet the needs of both. You can also shift into the perspective of the mediator “chair” for this phase.



For more information, visit <http://www.MediateYourLife.com>