

THE ENEMY IMAGE PROCESS worksheet - Kate Raffin August 2015

Deep gratitude to Ike Lasater, John Kinyon and Rowena Finnane for inspiration for this sheet.

"It is closer to the truth to hear needs than the enemy image" ... "it is the hard work "

"Enemy images are the main reason conflicts don't get resolved" - Marshall Rosenberg



The first thing is to notice you are triggered and have judgemental thoughts or an "enemy image".

Step 1 : Empathy with yourself (OFN)

- A. **Observation** - what are you observing in yourself, in your mind. What happened ? The facts, description of behaviour.
- B. **Your thoughts, judgements, evaluations, demands** of how things should or should not be, what's right or wrong, good or bad. What thoughts do you observe going through your mind as you think about that event in the present? Be as free flowing and uncensored as you can with this. "Enjoy the jackal show." Take another sheet of paper to write these if needed
- C. **Feeling** - **what are you feeling in your body** (vs. your thinking) How you are feeling as you think about the event now (rather than what you were feeling when it happened). Give yourself some space to really feel how you are feeling, experience being in your body awareness, rather than only mentally, conceptually labelling the feeling.
- D. **Needs** - **what needs of yours are not met about this ?** Take the space to really feel what's happening in your body as you search for the words that best resonate with you, until you feel a "shift" quality in your body, a feeling of opening, relaxation, softening, peace, compassion and connection with yourself.

Step 2: Empathy in yourself for the other person (OFN)

- A. Imagine what possible feelings and needs **might** be motivating the other person. Keeping imagining and wondering until you feel some kind of bodily shift in you of connection and compassion.

Step 3: Requests/Planning/Practice

See if you have a specific, action-language, "do-able" (what you do want rather than what you do not want) **request(s)** of yourself or of someone else to do something to contribute to your needs (your needs to care for yourself and your needs to care for others).

You may also want to plan out and practice what you might actually say to this person in a conversation and how they might respond, and then how you could respond to their response, and so on.