

Enemy Image Process (EIP) Worksheet

Three parts of the EIP:

1. Empathic connection with self – *self-connection* with unmet needs related to other's actions
2. Empathic connection with other – *self-connection* with other's needs behind their actions
3. Emergence of new possibilities and requests: *Self-response-ability* to meet your needs (Learning, Planning, Practice)

(We define an "enemy image" as any barrier to feeling connection and compassion with someone. The key to this process is cycling within Part 1, and between Parts 1, 2, and 3.)

1. Empathic connection with self

- A. Observation:** Thinking of the person with whom you have an "enemy image" and want to be able to take effective action, write your observation of what happened and your thoughts, judgments, evaluations about the person – what you think they are, how they should or should not be, or what you think is wrong with them.

What you heard/saw them say/do was: _____

Your thoughts, judgments, evaluations are: _____

- B. Feelings & Needs:** Translate your thoughts/judgments, connect to feelings & needs

1. Feel your feelings/emotional reactions. How are you feeling right now as you think about the person/event? Be aware of "faux feelings" and translate them into internal, bodily emotions and sensations. Give yourself space to connect to and feel your body awareness, rather than only conceptually labeling the feeling. (Use the Feelings sheet if this helps you.)

Feelings: _____

2. Connect your thoughts and feelings to needs. Find needs that are more and more distinct from any way of them being met, until you feel a "shift" in your body, a quality of relaxation, peace, compassion. List the needs that resonate for you (use the Needs sheet if this helps you).

Needs: _____

- C. Cycling:** As you move to connecting with feelings and needs, you may notice more judgments and reactions. If so, cycle, or loop, from observing your thoughts to connecting with feelings/ needs.

2. Empathic connection with other

(As you move towards empathizing with the other's needs, you may get "triggered" into more judgments and emotional reactions. If this happens, cycle back to Part 1 until you feel re-connected to your needs, then try coming back to Part 2. Cycle, or loop, back and forth as needed. This cycling also applies to moving between Parts 1-2 and 3.)

- A. Needs motivating the person:** Imagine what needs they might possibly be trying to meet through the actions/behavior that is not meeting your needs. Do this for you, to contribute to your own peace, well being and effectiveness responding. Don't worry about being accurate. Focus on what gives you an increased feeling of relaxation, space and openness, as well as understanding, compassion and connection to person. This does not mean you agree with/condone their behavior.

Person's possible needs: _____

- B.** Imagine what the other person might be thinking and feeling about the situation. Again, notice what gives you a greater sense of peace, compassion and connection.

Person's possible perceptions, thoughts, feelings: _____

3. Emergence of new possibilities and requests

- A. Learning:** From this inner connection with self and other, do any new ideas, insights, or possibilities arise in you? See if you can form a specific, action-language, 'doable' (what you do want) request(s) of yourself, the other person or anyone else. Also, in forming this request/strategy, are you seeking to meet your needs and the other person's?

Request(s) to yourself _____

Request(s) of another _____

- B. Planning/practice:** After forming a request, you can plan out what you want to say or do in relation to the person. If this involves a conversation with them, 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 or empathy buddy, or journaling).