

Healing & Reconciliation (H&R) Process for Emotional Pain Description

Four parts of the H&R process:

1. Empathy for "Receiver" by "Author" of the action that stimulated emotional hurt/pain
2. Mourning by Author, expressing sincere sadness about:
 - a. seeing pain in the Receiver
 - b. the impact of their actions on the Receiver
 - c. the Author's unmet needs seeing the impact on the Receiver
3. Empathic connection with Author's needs s/he was trying to meet by doing what did
4. Search for restorative action:
 - a. Requests of Receiver and/or Author to further contribute to healing and to compassionate giving and receiving?
 - b. search for Author finding more effective, less costly ways of meeting their needs
 - c. agreements

ROLE PLAY PROCESS

I. Empathy for "Receiver" by support person playing role of "Author"

- A.** Before starting the role play, identify/clarify the Receiver's intentions, e.g. healing, reconciliation, peace
- B.** Receiver plays themselves, with the invitation to fully express their hurt, pain, anger, etc. with all the emotional intensity and judgmental, blaming language they would like, to the degree it feels helpful for them
- C.** Support person plays role of the Author:
 1. Being *empathically present* with your awareness/attention/heart
 2. *Silently* connecting empathically to Receiver's feelings and needs
 3. *Verbally reflecting back your understanding* of the Receiver's "reality"/ experience; what they're saying about their observations, thoughts, feelings
 4. *Verbally reflecting back need language* (i.e. translating/connecting Receiver's thoughts, feelings and wants to their needs) and deepening into the needs

II. Mourning by "Author"

- A.** "Would you like to hear from me now?" (Counting to a million, slowly)
1. In the role of the Author, check with the Receiver and ask if there is more they would like to be heard about. If yes, then continue with Part I.
 2. If they say no, then ask if they're willing to hear from you as the Author. If they show any hesitation then stay with Part I.
 3. **VERY IMPORTANT**, stay in empathy, and return to empathy, with the Receiver whenever it seems that they are needing this, when they lose the ability or willingness to hear expression from you as the Author.
- B.** "Mourning": If Receiver says s/he is willing to hear from you as the Author, start by expressing your mourning/sadness about:
1. Seeing this other human being in pain, hurting
 2. Seeing your actions, as the Author, having stimulated/contributed to this pain, hurt in another and their needs being so unmet
 3. Your unmet needs as the Author, seeing the Receiver's feelings/unmet needs
- C.** "How do you feel hearing this?": After you have expressed a piece of mourning, ask how the Receiver feels hearing the mourning (connection request). This may lead you back to empathy (Part I), before expressing more mourning. Cycle back and forth between Part I and Part II as needed.

III. Empathic connection with needs "Author" was trying to meet

- A.** "Would you like to hear what was going on in me when I did what I did?":
1. If Receiver says "no" or seems in any way hesitant, then go back to Parts I - II
 2. If Receiver says "yes" then express the needs you imagine the Author may have been trying to meet when they did what stimulated pain for the Receiver
- B.** Expressing needs the Author may have been trying to meet (compassion for Author)
1. **VERY IMPORTANT** – express the needs you guess the Author was trying to meet and how they may have been feeling, *rather than the Author's thinking*
 2. If expressing this triggers more pain in the Receiver, go back to Part I
 3. As you express needs attempting to be met, also include mourning of how you wish you had known how to meet these needs in a way that would not have contributed to this hurt/pain

IV. Search for restorative action

- A.** Requests for specific action towards further healing and compassionate giving and receiving

B. Finding more effective, less costly ways for Author to get needs met

C. Making agreements