

FINGER MAP

ORANGE ALERT!

THOUGHTS AND EVALUATIONS OF WHAT I OBSERVE

SELF

**E
M
P
A
T
H
Y**

Conscious Intention to Connect with Self

OBSERVATION

What happened? (facts only)

FEELING

How am I feeling now about it?

NEED

What do I need now?

REQUEST

*What might be my present request
for connection or action?*



EXPRESSING HONESTLY

Conscious Intention to Connect with Other

*When I HEAR, SEE, TASTE,
TOUCH, SMELL, or remember
hearing, seeing, tasting, touching, smelling ...*

I FEEL ...

because I NEED (value) ...

Would you be willing to:

- *tell me how you feel, hearing what I just said?*
- *tell me what you heard me say?*
- **[do] ... ? (specify concrete action)**



RECEIVING EMPATHICALLY

Conscious Intention to Connect with Other

*When you HEAR, SEE, TASTE,
TOUCH, SMELL, or remember
hearing, seeing, tasting, touching, smelling ...*

do you FEEL ...

because you NEED (value) ...

Would you like:

- *me to tell you how I feel?*
- *me to tell you what I heard?*
- *me to [do] ... ? (specify concrete action)*