

Finger Map: Suggestions for Use

When caught in the angst of thoughts, evaluations, and stories I tell myself about what I observed, I follow the Finger Map to disentangle, find my way home, and reconnect from the heart.

1. I begin with SELF-EMPATHY.
 - a. I become aware that I am feeling some unpleasant feelings. I notice some thoughts running through my head which are associated with these feelings.
 - b. I say these thoughts out loud or write them down. (This is the beginning of self-empathy: being present to myself and recognizing what I am telling myself).
 - c. I name the facts of what happened by simply stating what I OBSERVED without any interpretation.
 - d. I go inside and connect with what I am FEELING right now.

Feelings might be experienced as:

 - i. bodily sensations, e.g. a knot in my stomach, constriction in my neck muscles, heat, pressure, vibration, etc.
 - ii. emotions, e.g. sad, discouraged, joyful, confused, etc. (See Learning Guide for list of feeling words.)
 - e. Feelings point to a NEED or a value which is being met or unmet. What is my present need or value? (See Learning Guide for list of need words.)
 - f. I take a moment to connect with the NEED by appreciating, valuing and owning the NEED.
 - g. I ask whether there is a REQUEST I would like to make of myself — either for action or for connection.
2. After connecting with myself through the above process of SELF-EMPATHY and when I am ready to engage with the other person, I choose either to HONESTLY EXPRESS what is true and alive for me in this moment or to EMPATHICALLY RECEIVE what is alive in the other.
3. I continue to flow between (a) self-empathy, (b) honestly expressing what is alive in me and (c) receiving what is alive in the other in order to creating a genuine heart connection. Only after such a connection has been made, do I turn my attention to problem-solving.