

MIND MAP

You can use the mind map tool in many various ways.

You can fill in the mind map's center (starting point) on your own, with anything you want (a drawing, a statement, a situation etc.).

However, we propose 3 different approaches/additions that you can use as the starting point for the exercise.

The purpose of the additions is to give you support on thinking in a specific way/direction and notice how you feel about that topic.

You can put the addition in the middle of your mind map, take some time to breathe, notice what the topic awakens in you, and then start filling in the mind map.

There are five stages/categories of addition:

- 1) Dixit cards
- 2) Feelings
- 3) Needs
- 4) "Think about" cards
- 5) Think deeply ("Think deep" questions)

Use them as actively as you want and enjoy!

Think about _____.

How does this make you feel?

Person: mom, dad, brother, sister, best friend, boyfriend/girlfriend, the peers you had your last conflict with, your scary teacher, a figure of authority in your life

Value: love, courage, trust, friendship, silence(?), integrity, freedom

Concepts: physical touch, hugs(?), silence, eye contact, food, walking alone at night, traveling alone, having dinner with your family, escaping reality, fear, trying new things, speaking in front of people, someone asking you for space, engaging in a physical activity

Artistic questions

1. What is the color of your feelings right now?
2. What would be the name of your autobiography book?

3. How would you describe the painting of your life?
4. Think of the chapter of your life that you are going through right now? What is it about?
5. What would you like to scream now so that everyone could hear?
6. What is your (realistic) super power?
7. What is the super power you would like to have?
8. What is something you wish you were good at?
9. Are you happy?

EXTRA

You can “play” this game on different levels:

LEVEL 1

internal (giving empathy to yourself)

external (giving empathy to others)

LEVEL 2

internal + external

combining in one map → how do you feel, guess how others feel

LEVEL 3

conflict resolution (in pairs)

- 2 people create their own mind map about the conflict, each their own
- present it to each other
- create one common mind map that will include both views

THE GUIDELINES

Observation

1. Focus on Specifics:

Ask Yourself: What did I specifically see or hear?

Example: "He left the room when I started talking" (observation) vs. "He was rude to me" (evaluation).

2. Avoid Labels and Generalizations:

Look For: Words that categorize or generalize behavior.

Example: "She spoke for 20 minutes" (observation) vs. "She is very talkative" (evaluation).

3. Stick to the Present or Past:

Consider: Statements that are verifiable based on what happened, not what might happen or your personal conclusions.

Example: "The report was submitted on Friday" (observation) vs. "He never submits reports on time" (evaluation).

4. Be Objective:

Check: If others would likely agree with your statement without adding their interpretations.

Example: "The project was completed two days after the deadline" (observation) vs. "The project was completed too late" (evaluation).

Feelings

1. Focus on Internal Experience:*

- **Ask Yourself**: What am I feeling right now?
- **Example**: Instead of thinking, "He makes me feel ignored," focus on "I feel ignored."

2. Use Specific Feeling Words:*

- **Identify**: Use specific terms that describe your emotions accurately. Avoid vague words like "good" or "bad."
- **Example**: Use words like "angry," "frustrated," "happy," "excited," "sad," "anxious."

3. Distinguish Feelings from Thoughts:*

- **Check**: Ensure you are naming a feeling, not a thought or an interpretation.
- **Example**: "I feel that you are not listening" (thought) vs. "I feel unheard" (feeling).

4. Avoid Blame:*

- **Frame**: Focus on your own emotional experience rather than attributing blame to others.
- **Example**: "I feel frustrated" (own feeling) vs. "You frustrate me" (blame).

Needs

1. Connect Feelings to Needs:

- Ask Yourself: What unmet need is causing this feeling?
- *Example: "I feel frustrated because I need clarity about the project."*

2. Use Universal Human Needs:

- Identify: Use terms that describe basic human needs that are common to all people.
- *Examples: Safety, respect, connection, understanding, autonomy, fun, rest.*

3. Avoid Specific Requests at this Stage:

- Differentiate: Needs are not specific to any one person or action; they are more general.
- *Example: Need for respect (not "I need you to stop interrupting me").*

4. Avoid Blame or Criticism:

- Frame: Express needs without implying that someone is at fault for not meeting them.
- *Example: "I need support" (not "You never support me").*

Requests

1. Be Specific and Concrete:

- Ask Yourself: What specific action would I like to be taken?
- *Example: Instead of "I need you to be more considerate," say "Could you please call me if you are going to be late?"*

2. Use Positive Language:

- Frame: State what you want rather than what you don't want.
- *Example: Instead of "Don't interrupt me," say "Could you please let me finish my thoughts before responding?"*

3. Make Requests, Not Demands:

- Check: Ensure that the request is open to negotiation and respects the other person's autonomy.
- Example: *"Would you be willing to...?" instead of "You have to..."*

4. Ensure Feasibility:

- Consider: The practicality and reasonableness of the request.
- Example: *Make sure the action requested is something the other person can realistically do.*

5. Ask for Feedback:

- Clarify: Check if the other person understands and is willing to meet the request.
- Example: *"Does that work for you?" or "How do you feel about that?"*