

Instructions for Producing a Finger Map

This is a basic tool. We suggest making a copy available to each participant during any practice session.

SUPPLIES NEEDED FOR 25 FINGER MAPS

One Finger Map is needed for each participant.

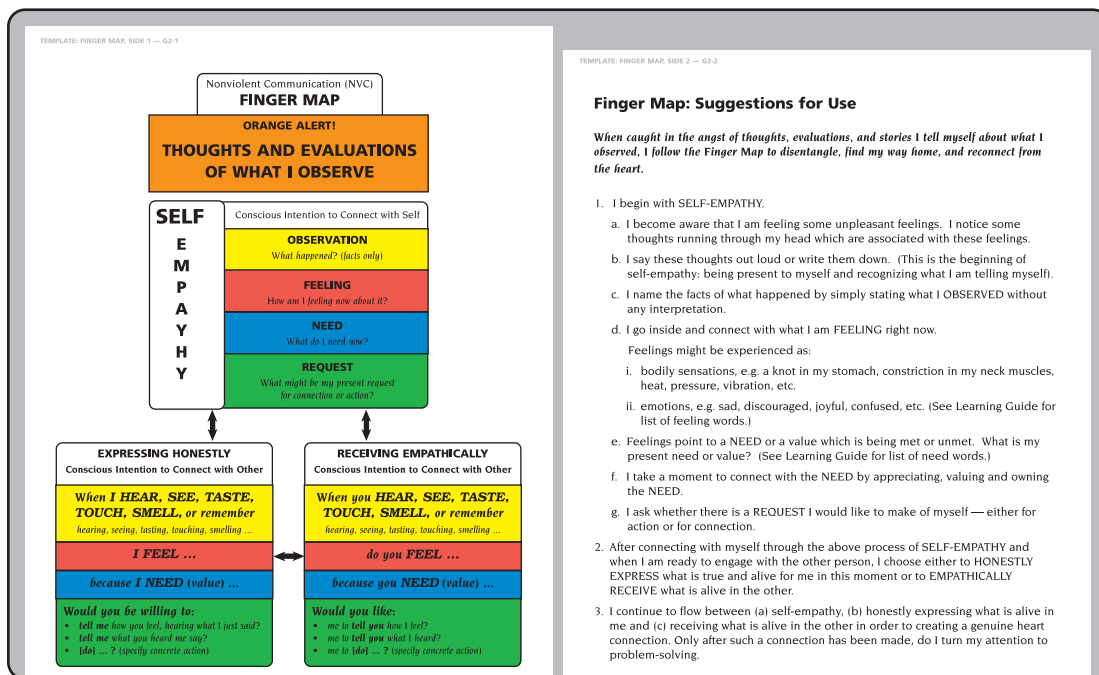
1. Twenty-seven 8 1/2" x 11" sheets of white paper
2. Color printer
3. Color photocopier
4. Laminator and twenty-five 8 1/2" x 11" laminating sheets

NOTE: For those without access to color copier or printer, a special template (G2-3) is provided for creating black and white copies of the Finger Map.

DESCRIPTION OF COMPLETED FINGER MAP

The Finger Map consists of two sides:

- i. Front: color-coded map of the NVC model
- ii. Reverse: explanation of how to use the Finger Map



Finger Map, front and back

STEP-BY-STEP INSTRUCTIONS FOR PRODUCING ONE FINGER MAP

1. Print the front of the Finger Map (Template G2-1) using a color printer on a sheet of white paper.
2. Print the back (Template G2-2) on a second sheet of paper.
3. Use the above two pages as master copies to produce 25 double-sided Finger Maps. (A color photocopier is required for the front side.)

NOTE: If color equipment is not available, use the black and white Template G2-3 (instead of G2-1) for the front side. As many participants seem to learn effectively through colors, we suggest that you use highlighters or crayons to color the front of the Finger Maps before laminating them.)

4. Laminate each Finger Map.

TEMPLATES PROVIDED

- Template G2-1: Finger Map – NVC Model in color
- Template G2-2: Finger Map – Suggestions for Use
- Template G2-3: (Alternate) Finger Map — NVC Model in black and white

Nonviolent Communication (NVC)
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 <i>What happened? (facts only)</i>
	FEELING <i>How am I feeling now about it?</i>
	NEED <i>What do I need now?</i>
	REQUEST <i>What might be my present request for connection or action?</i>



EXPRESSING HONESTLY Conscious Intention to Connect with Other
When I HEAR, SEE, TASTE, TOUCH, SMELL, or remember <i>hearing, seeing, tasting, touching, smelling ...</i>
I FEEL ...
because I NEED (value) ...
Would you be willing to: <ul style="list-style-type: none"> • <i>tell me how you feel, hearing what I just said?</i> • <i>tell me what you heard me say?</i> • <i>[do] ... ? (specify concrete action)</i>



RECEIVING EMPATHICALLY Conscious Intention to Connect with Other
When you HEAR, SEE, TASTE, TOUCH, SMELL, or remember <i>hearing, seeing, tasting, touching, smelling ...</i>
do you FEEL ...
because you NEED (value) ...
Would you like: <ul style="list-style-type: none"> • <i>me to tell you how I feel?</i> • <i>me to tell you what I heard?</i> • <i>me to [do] ... ? (specify concrete action)</i>

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.

Nonviolent Communication (NVC)

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)*