

Instructions for Producing a Floor Map

SUPPLIES NEEDED FOR ONE FLOOR MAP

One Floor Map is adequate for the facilitator to demonstrate or practice with a group of 20 participants. Larger groups may require a second Floor Map to be posted on the wall behind the facilitator for better visibility.

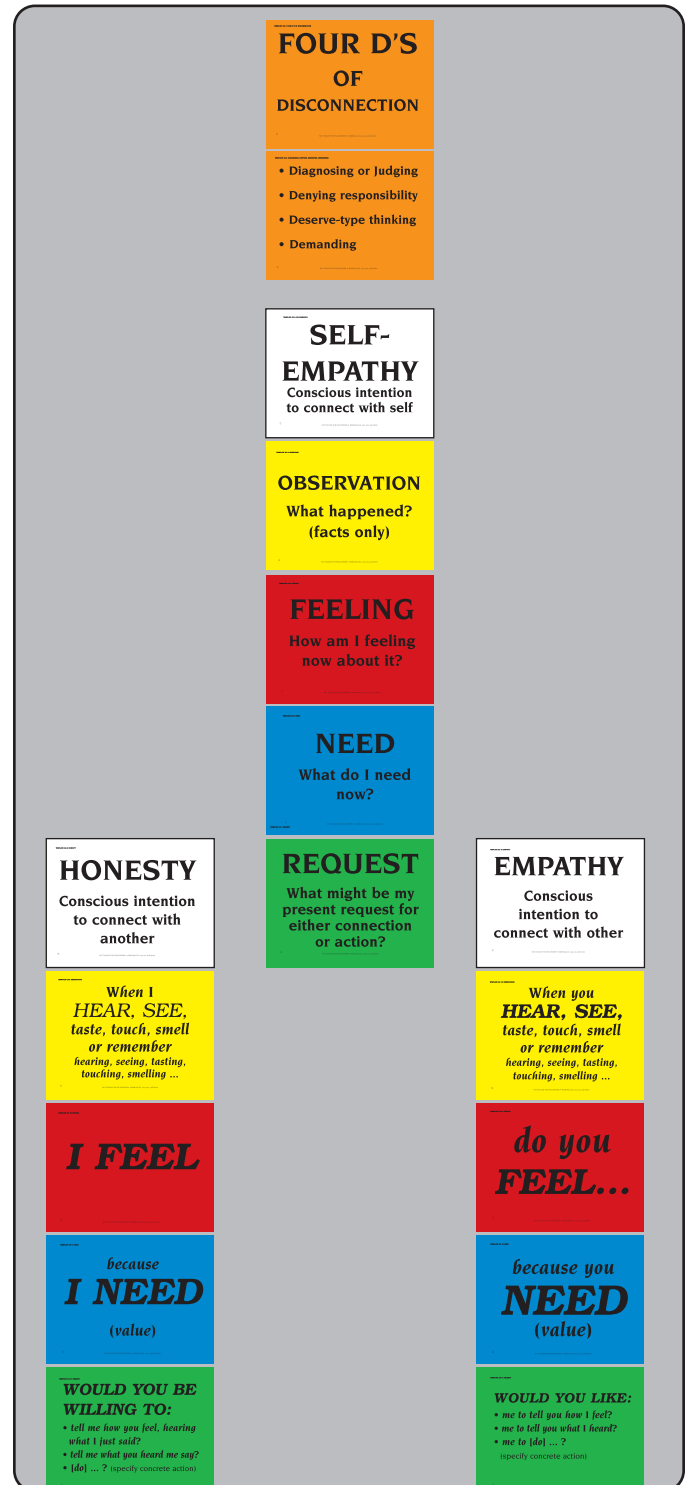
- 8 1/2" x 11" paper in the following colors:
 - orange, 2 sheets
 - white, 3 sheets
 - yellow, 3 sheets
 - red, 3 sheets
 - blue, 3 sheets
 - green, 3 sheets
- Photocopier
- Laminator and seventeen 8 1/2" x 11" laminating sheets
- Strong tape (e.g. clear packaging tape)

DESCRIPTION OF COMPLETED FLOOR MAP

The Floor Map consists of four sections: (1) Four D's of Disconnection, (2) Self-Empathy, (3) Honesty, and (4) Empathy. Each section contains color-coded laminated pieces joined together in a vertical formation.

SUGGESTIONS FOR USE OF FLOOR MAP

- Use the Floor Map when demonstrating NVC by stepping on the piece corresponding to the component you are describing or illustrating. For example, if you are explaining the NVC concept of "Expressing Honesty," go to that section of the Floor Map and step on each of the four components as you describe them.



Floor Map

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2. When a participant is speaking NVC, the facilitator (another participant, or the speaker themselves) can step on the piece of the Floor Map that corresponds to the component being applied. This can support the speaker in staying focused while offering visual clarity to other participants who are tracking the process.
3. If participants are seated in a circle, arrange the Floor Map on the floor in the middle of the circle such that the pieces can be easily read by the group. In a large group, you might tack the Floor Map on the wall and point to each piece instead of stepping on it.

NOTE: When working in small groups, you may prefer to give each group a Small Floor Map (See G4 Small Floor Map).

STEP-BY STEP-INSTRUCTIONS FOR PRODUCING ONE FLOOR MAP

1. Print one copy of each template. Use colored paper as indicated below.

Section 1: Four D's of Disconnection (two pieces)

1. Template G3-1: Four D's of Disconnection (orange)
2. Template G3-2: Diagnosing, Denying, Deserve, Demanding (orange)

Section 2: Self-Empathy (five pieces)

1. Template G3-3: Self-Empathy (white)
2. Template G3-4: Observation (yellow)
3. Template G3-5: Feeling (red)
4. Template G3-6: Need (blue)
5. Template G3-7: Request (green)

Section 3: Honesty (five pieces)

1. Template G3-8: Honesty (white)
2. Template G3-9: Observation (yellow)
3. Template G3-10: Feeling (red)
4. Template G3-11: Need (blue)
5. Template G3-12: Request (green)

Section 4: Empathy (five pieces)

1. Template G3-13: Empathy (white)
2. Template G3-14: Observation (yellow)

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3. Template G3-15: Feeling (red)
 4. Template G3-16: Need (blue)
 5. Template G3-17: Request (green)
2. Laminate each piece.
 3. Use tape to attach the pieces for each section. Tape the back and front of the laminated pieces, leaving a little space in between pieces so that they may be folded over each other for storage.

TEMPLATES PROVIDED

See list of 17 templates arranged by section in the Step-by-Step Instructions, above.

FOUR D'S OF DISCONNECTION

- **Diagnosing or Judging**
- **Denying responsibility**
- **Deserve-type thinking**
- **Demanding**

SELF- EMPATHY

**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
either connection
or action?**

HONESTY

**Conscious intention
to connect with
another**

When I
HEAR, SEE,
taste, touch, smell
or remember
hearing, seeing, tasting,
touching, smelling ...

FEELING

because

UNMET

(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)

EMPATHY

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
WORTH
(value)

WOULD YOU LIKE:

- *me to tell you how I feel?*
- *me to tell you what I heard?*
- *me to [do] ... ?*

(specify concrete action)