



The Enemy Image Process (EIP)

This process can be used for when you have “enemy image” of another person and anger towards them. It can be done by yourself or with another, such as a practice partner or coach.

PART I: EMPATHY FOR YOURSELF

- **Observations** of (1) the other’s actions, or (2) your judgments of them.
- **Feelings:** Sensations and emotions in your body. Watch for “faux feelings.”
- **Needs:** Your universal human needs, not specific to any “strategy.” Pause to experientially feel your feelings and needs.

***Cycling:** As you go through OFN, you may cycle multiple times through the components as you notice/discover deeper layers of each, especially deepening layers of needs.*

PART II: EMPATHY FOR OTHERS (WITHIN YOURSELF)

- **Observations** they might have of (1) your actions, or (2) their judgments of you.
- **Feelings:** sensations and emotions in their body.
- **Needs:** Their universal human needs, not specific to any “strategy.”

***Cycling:** Here as well you may cycle multiple times through the components. ALSO, as you do this, you may get triggered into more of your own reactions. If this happens, go back to Part I, and then cycle back and forth between Part I and Part II as needed.*

PART III: EMERGENCE OF NEW POSSIBILITIES (REQUESTS)

- **Learn.** What did you learn from doing Parts I and II? Any new ideas, insights, or possibilities that have emerged from the empathic connection?
- **Plan.** What’s your specific action plan for how you might best meet your needs? This plan may involve multiple requests of yourself, the other person, or someone else.
- **Practice:** After forming an action plan, you may want to practice whatever you came up with. If this involves a conversation, you can practice (with yourself or role play with a partner/coach) what you might actually say and challenging responses you might receive.

Cycling: As you go through these steps, you may notice more reactions coming up in you. You could then go back to Parts I and II, and cycle back and forth between Parts I–II and Part III until you feel ready to complete Part III.