

TRANSFORMING THE IMAGE OF ENEMY

Inspired by the work of
Inbal Kashtan and Miki Kashtan



ME



THEM

1. THOUGHTS, JUDGMENTS ABOUT ANOTHER PERSON

What can disturb me to hear the other person?

2. FACTS

What already happened?

3. TAKE A DEEP BREATH, WHAT DO YOU FEEL NOW?

Are those feelings or thoughts?

4. WHAT DO YOU NEED?

(in relation to that person, situation)

Go on until you feel a relief.

Change your position to talk from the perspective
of the other person.

Back to myself.

7. WHAT FEELINGS AND NEEDS APPEAR NOW?

WHAT IS IMPORTANT NOW?

What has changed?

Open for the perspective of another person.

5. WHAT COULD HAVE BEEN THEIR FEELINGS AND NEEDS?

If judgments about the other person appear in what
you are saying now, go back to the position of "Me"
and give more empathy to your feelings and needs.

6. CAN YOU FORM A REQUEST TO YOURSELF OR TO ANOTHER PERSON?

What would it be? Make it specific and doable.

Look from a distance at both of you.

8. WHAT NEW OPPORTUNITIES CAN YOU SEE NOW? WHAT WOULD YOU LIKE TO DO? WHAT ARE YOU GOING TO DO?