



## Beloved Enemy

**I) Please, remember a person / a group of people with whom you associate evaluations, judgements, thoughts, or interpretations ..., you have a stereotype about, a generalization ("they").**

"Movie" in your head: What do you think about this person or their actions?

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### **Step 1 - Observation:**

**Describe exactly what you observed that leads you to the above assessment.**

**When I hear/see/smell/feel/taste...**

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### **Step 2 - Feeling/s:**

**Which feeling/s is/are alive in you? Where in your body do you locate these feelings?**

...I feel...

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### **Step 3 - Need/s:**

**Which need/s isn't/aren't met by being with this person / with this group of people or by their actions?**

... because I need.../because... is important to me.

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### **Step 4 - Request:**

**Which is your request to act or connect with this person / this group of people (positive, specific and doable now, please also consider a connection request).**

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## II) Empathy with the “beloved enemy”

### Step 1 - Observation:

**Try to guess what the person / the group of people saw, heard, smelled, tasted, which motivated them to act in the way they did.**

When you hear/see that someone / I say(s) or does the following...

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### Step 2 - Feeling/s:

**Try to empathize. Which feeling/s could be alive in the person / group of people? Please write them down.**

...do you feel...,

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### Step 3 - Need/s:

**Which need/s could not have been met for them or which need/s were they trying to meet?**

... because you needed.../because... is important to you.

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**Step 4 - Request: Guess what might be your “beloved enemy’s” request and express this request in a positive, doable and specific way.**

(This does not mean that you need to agree with the request or want to meet it.)

Would you like...

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### III) How do you feel now that you are aware of the needs your “beloved enemy” tries to meet with their actions.

#### Step 1 - Observation:

When I realize that my “beloved enemy” tries to meet needs with their actions, ...

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#### Step 2 - Feeling/s:

...I feel...,

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#### Step 3 - Need/s:

... because I need.../because... is important to me.

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#### Step 4 - Request:

What is your request now? Which kind of action do you want to take in order to act or connect to this person now? (And if you are not ready to connect with them, which action do you want to take?)

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#### **IV) Appreciation of your “beloved enemy”**

Please, try if you can appreciate that this person / group of people tries to meet needs by their action (if it not possible for you now, then please skip this part)

##### **Step 1 - Observation:**

When I hear, see, taste, smell that you have said/done... or when I remember that you have said/done...,

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##### **Step 2 - Feeling/s:**

...I feel...,

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##### **Step 3 - Need/s:**

... because my need for ... is met.

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