

Instructions for Producing a Small Floor Map

SUPPLIES NEEDED FOR TWO SMALL FLOOR MAPS

Each small Floor Map serves a group of 4-5 participants.

1. 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
2. Photocopier
3. Laminator and seventeen 8 1/2" x 11" laminating sheets
4. Strong tape (e.g. clear packaging tape)

DESCRIPTION OF COMPLETED SMALL FLOOR MAP

The Small Floor Map is designed to be used by a small group of participants. It is half the size of the Floor Map, but otherwise identical, and 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. *See Photo and Layout under G3 Floor Map*

STEP-BY-STEP INSTRUCTIONS FOR PRODUCING TWO SMALL FLOOR MAPS

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

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

1. Template G4-1: Four D's of Disconnection (orange)
2. Template G4-2: Diagnosing, Denying, Deserve, Demanding (orange)

Section 2: Self-Empathy (five pieces)

1. Template G4-3: Self-Empathy (white)
2. Template G4-4: Observation (yellow)

3. Template G4-5: Feeling (red)
4. Template G4-6: Need (blue)
5. Template G4-7: Request (green)

Section 3: Honesty (five pieces)

1. Template G4-8: Honesty (white)
2. Template G4-9: Observation (yellow)
3. Template G4-10: Feeling (red)
4. Template G4-11: Need (blue)
5. Template G4-12: Request (green)

Section 4: Empathy (five pieces)

1. Template G4-13: Empathy (white)
2. Template G4-14: Observation (yellow)
3. Template G4-15: Feeling (red)
4. Template G4-16: Need (blue)
5. Template G4-17: Request (green)

2. Laminate each piece.
3. Cut all laminated sheets in half to make two Small Floor Maps.
4. 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

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

FOUR D'S OF DISCONNECTION

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

- **Diagnosing or judging**
- **Denying responsibility**
- **Deserve-type thinking
(implying punishment or reward)**
- **Demanding**

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

- **Diagnosing or judging**
- **Denying responsibility**
- **Deserve-type thinking
(implying punishment or reward)**
- **Demanding**

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

SELF- EMPATHY

Conscious intention to
connect with self

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

SELF- EMPATHY

Conscious intention to
connect with self

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

OBSERVATION

What happened?
(facts only)

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

OBSERVATION

What happened?
(facts only)

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

FEELINGS

How am I feeling
now about it?

NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin

FEELINGS

How am I feeling
now about it?

NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin

NEEDS

What do I need
now?

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

NEEDS

What do I need
now?

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

REQUEST

What might be my
present request for
connection or action?

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

REQUEST

What might be my
present request for
connection or action?

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

HONESTY

Conscious intention to
connect with others

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

HONESTY

Conscious intention to
connect with others

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

When I
***HEAR, SEE,
TASTE, TOUCH,
SMELL***

*or remember hearing, seeing,
tasting, touching, smelling ...*

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

When I
***HEAR, SEE,
TASTE, TOUCH,
SMELL***

*or remember hearing, seeing,
tasting, touching, smelling ...*

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

I FEEL ...

I FEEL ...

because
I NEED

(value, dream of) ...

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

because
I NEED

(value, dream of) ...

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

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)

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

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)

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

EMPATHY

Conscious intention to
connect with other

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

EMPATHY

Conscious intention to
connect with other

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

*When you **HEAR,**
SEE, TASTE,
TOUCH, SMELL ...*
*or remember hearing, seeing,
tasting, touching, smelling ...*

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

*When you **HEAR,**
SEE, TASTE,
TOUCH, SMELL ...*
*or remember hearing, seeing,
tasting, touching, smelling ...*

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

do you

FEEL ...

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

do you

FEEL ...

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

because you
NEED

(value, dream of) ...

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

because you
NEED

(value, dream of) ...

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

Would you like:

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

(specify concrete action)

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin

Would you like:

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

(specify concrete action)

NVC TOOLKIT FOR FACILITATORS • ©2009 Raj Gill, Lucy Leu, Judi Morin