

The 4 Chairs



<p>Chair #1</p> <p>There's a problem, and it's YOUR fault.</p>	<p>Chair #2</p> <p>There's a problem, and it's MY fault</p>
<p>Chair #3</p> <p>There is a problem, and I check inside to discover MY feelings and needs.</p> <p>This nourishes presence and turns me toward connection.</p> <p><i>Example: Am I feeling upset because of the need of consideration?</i></p>	<p>Chair #4</p> <p>There is a problem, and after checking on my own feelings and needs, I use my curiosity to wonder about THEIR feelings and needs.</p> <p>This nourishes presence and turns us both toward connection.</p> <p><i>Example: I wonder if they are feeling sad because of the need to matter?</i></p>

Modified by Peggy Smith and Tarek Maassarani during Seeds of Peace International Camp
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