



Listening with the 4 ears

How to create the floor anchors :

- 1. please print these cards on white paper in DIN A4 format.**
- 2. You can laminate the cards individually. This is how you can use them in your seminars and exercise groups several times.**



Connected to life

Connecting
with my feelings
and needs



Connected to life



Connecting with
your feelings
and needs



Alienated from life

Judging
and blaming
you



Alienated from life

Judging
and blaming
myself