



## **4 tools**

### **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.**



# Self-empathy

Conncting  
with my **obersvation**

Connecting  
with my **feeling**

Connecting  
with my **need**

Connecting  
with my **request**



# Emergency scream/ Self-expression

Expressing  
my **observation**

Expressing  
my **feeling**

Expressing  
my **need**

Expressing  
my **request**



# Emergency- empathy

Receiving  
your **observation**  
and guessing

Receiving  
your **feeling**  
and guessing

Receiving  
your **need**  
and guessing

Receiving  
your **request**  
and guessing



# Interrupting nonviolently

