

# THE HEARTSPACE SYSTEM<sup>©</sup>

## 6 Part Conversation<sup>©</sup>

### **Part 1. Self-empathy**

Begin here by creating connection with yourself and continue with silent Self-empathy until you bring yourself to peace. Peace is a self-created state of mind; you must practice self-empathy until you feel peaceful.



### **Part 2. Empathy**

Focusing exclusively on the needs of the other



### **Part 3. Self-expression**

Expressing your feelings and unmet needs in a neutral calm tone of voice; insuring that the other can hear you.



### **Part 4. Reflection**

*“Would you be willing to let me know what you hear me say so that I can see if I was clear?”*



### **Part 5. Clarification**

*“Thank you for letting me know I haven’t been clear; what I wanted you to know was.....”*



### **Part 6. Solution**

Through requests and offers a solution is found:  
Would it be helpful if I....?  
Would you be willing to...?.