

## The 4 Chairs



### Chair #1

There's a problem, and it's YOUR fault.

This way of thinking blocks presence  
and adds to disconnection.

### Chair #2

There's a problem, and it's MY fault.

This way of thinking blocks presence  
and adds to disconnection.

### Chair #3

There is a problem, and I hold myself with  
empathy by checking inside  
for MY feelings and needs.

This nourishes presence  
and turns me toward connection.

*Example: Am I feeling upset  
because of the need of consideration?*

### Chair #4

There is a problem, and I hold the other with  
empathy by turning my curiosity  
to THEIR feelings and needs.

This nourishes presence and turns us both  
toward connection.

*Example: I wonder if they are feeling sad  
because of the need to matter?*

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