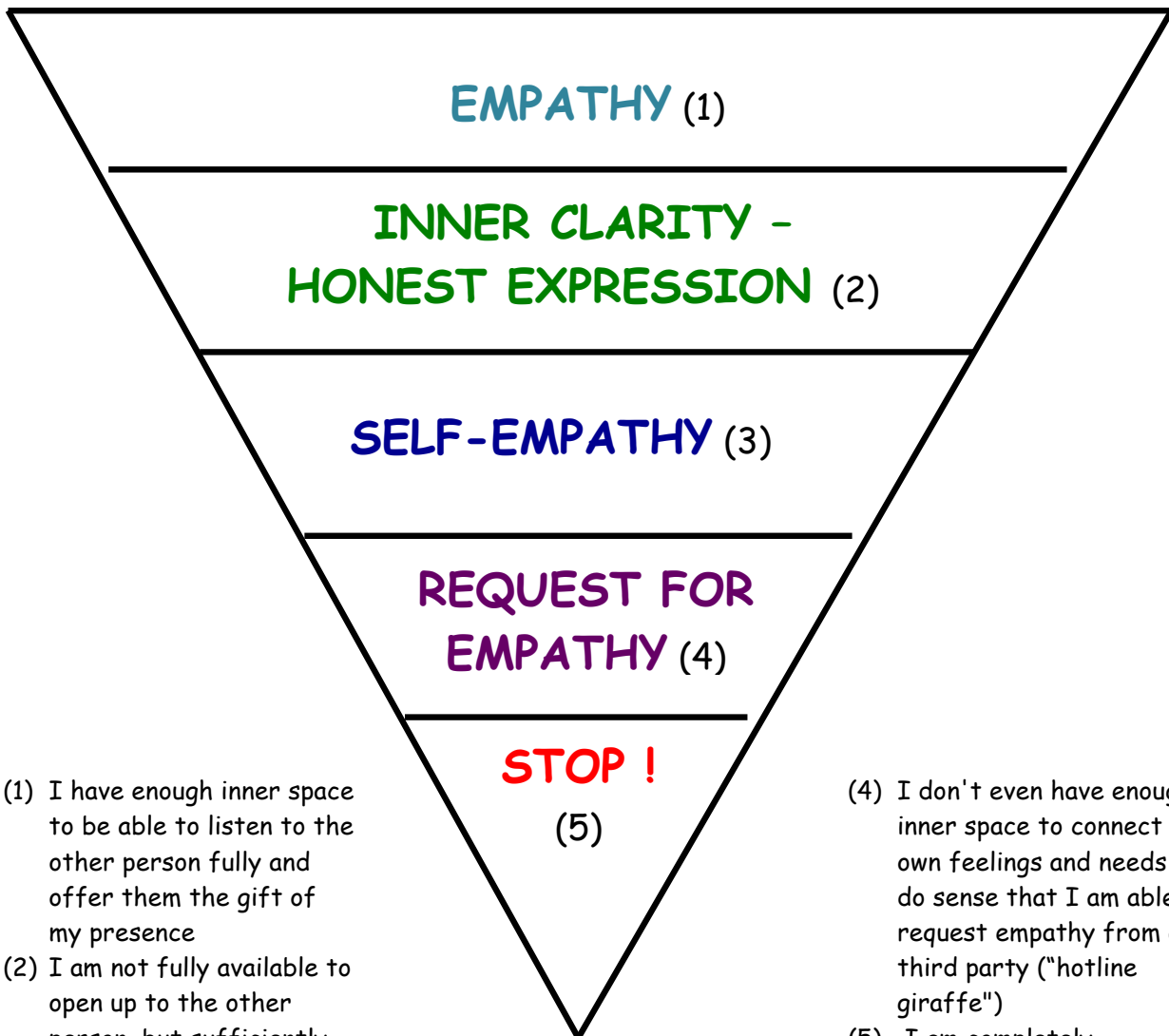


INNER SPACE

This is the space within - my availability in time and in energy - towards another person or another part of myself.



- (1) I have enough inner space to be able to listen to the other person fully and offer them the gift of my presence
- (2) I am not fully available to open up to the other person, but sufficiently so to express my feelings and needs
- (3) I am incapable of expressing honestly what is going on in me, but I can give myself empathy

- (4) I don't even have enough inner space to connect to my own feelings and needs, but I do sense that I am able to request empathy from a third party ("hotline giraffe")
- (5) I am completely overwhelmed by my emotions or I have no availability either in time or in energy to tackle the issue, and I choose to engage in this dialogue at a later time.