

Community Emotional Map

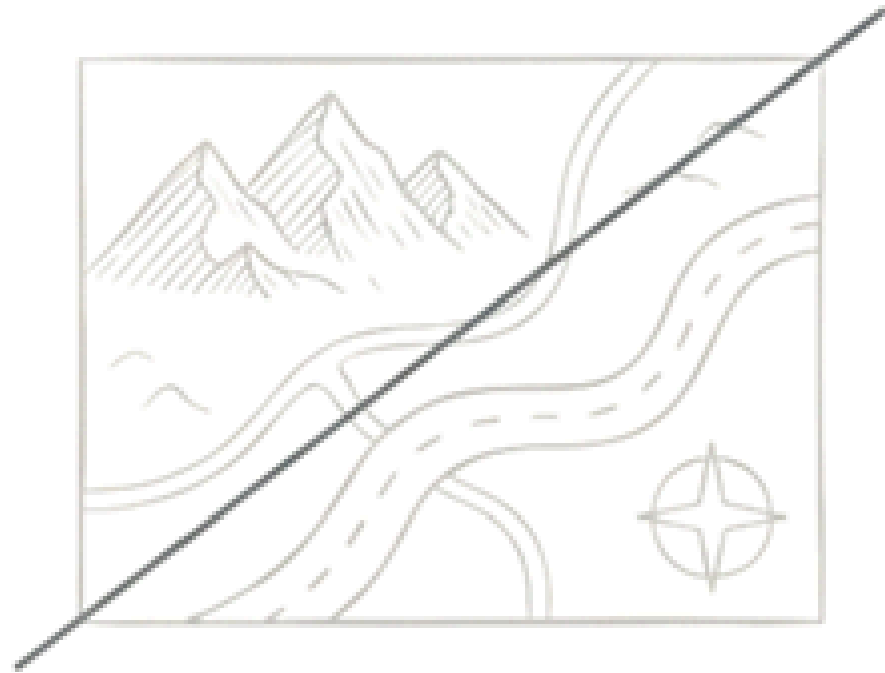


A participatory tool to understand collective well-being and build shared awareness.

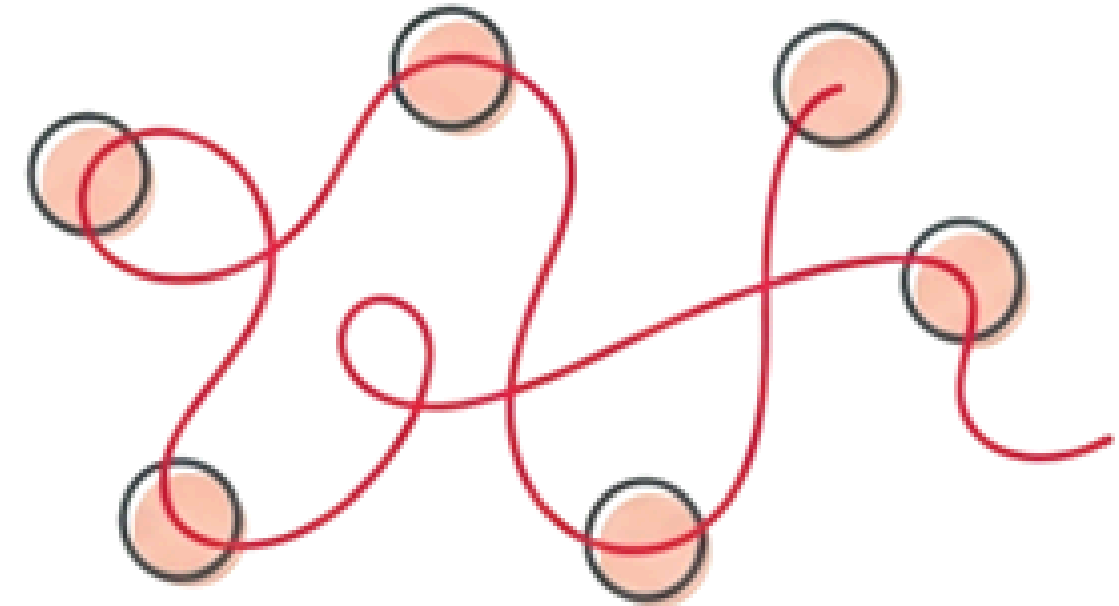


Numero di progetto: 2025-1-IT02-KA210-ADU-000350376

A map of meaning, not a geographical map



It is not a list of physical problems or locations..



It is a visual, reflective, and collective device that makes emotions, tensions, care, and cohesion visible.

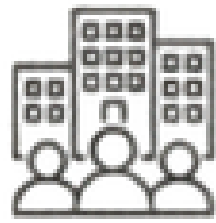
Reading tool.

It makes emotional needs, relational dynamics, and vulnerabilities visible.

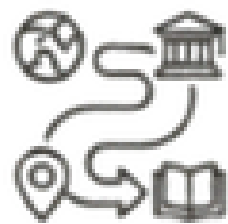
Activation tool.

It fosters shared awareness, strengthens cohesion, and opens up possibilities for action.

To read the community through its relationships, not only through its deficits.



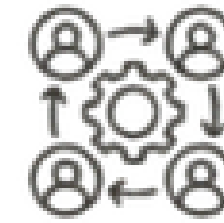
Local Communities:
Neighborhood groups
and community
networks..



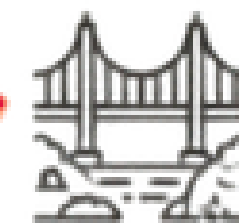
Procesos Culturales:
Participants in artistic or
educational pathways.



Designed for groups of adults,
with strong attention to the
plurality of life trajectories,
gender perspectives, and
phases of transition.

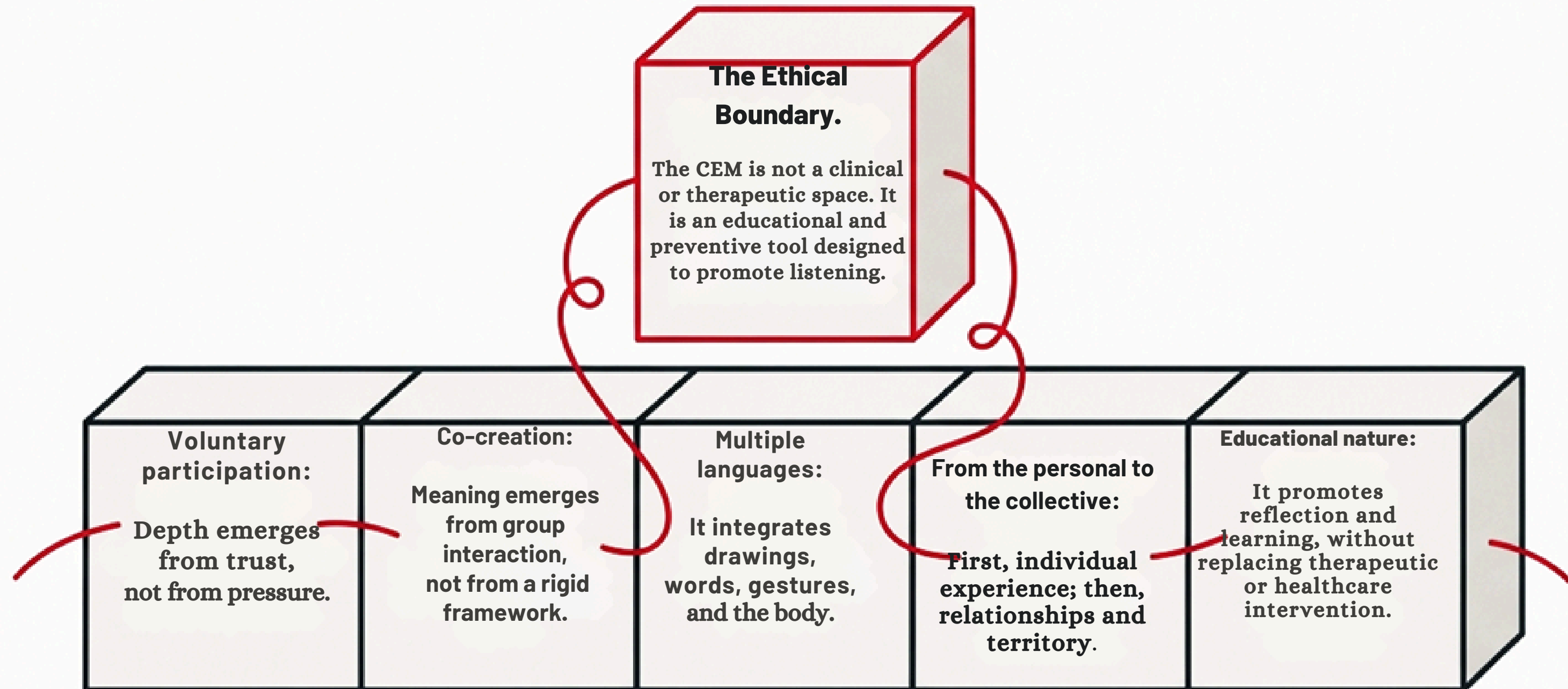


Associative Networks:
Communities of practice and
associations.

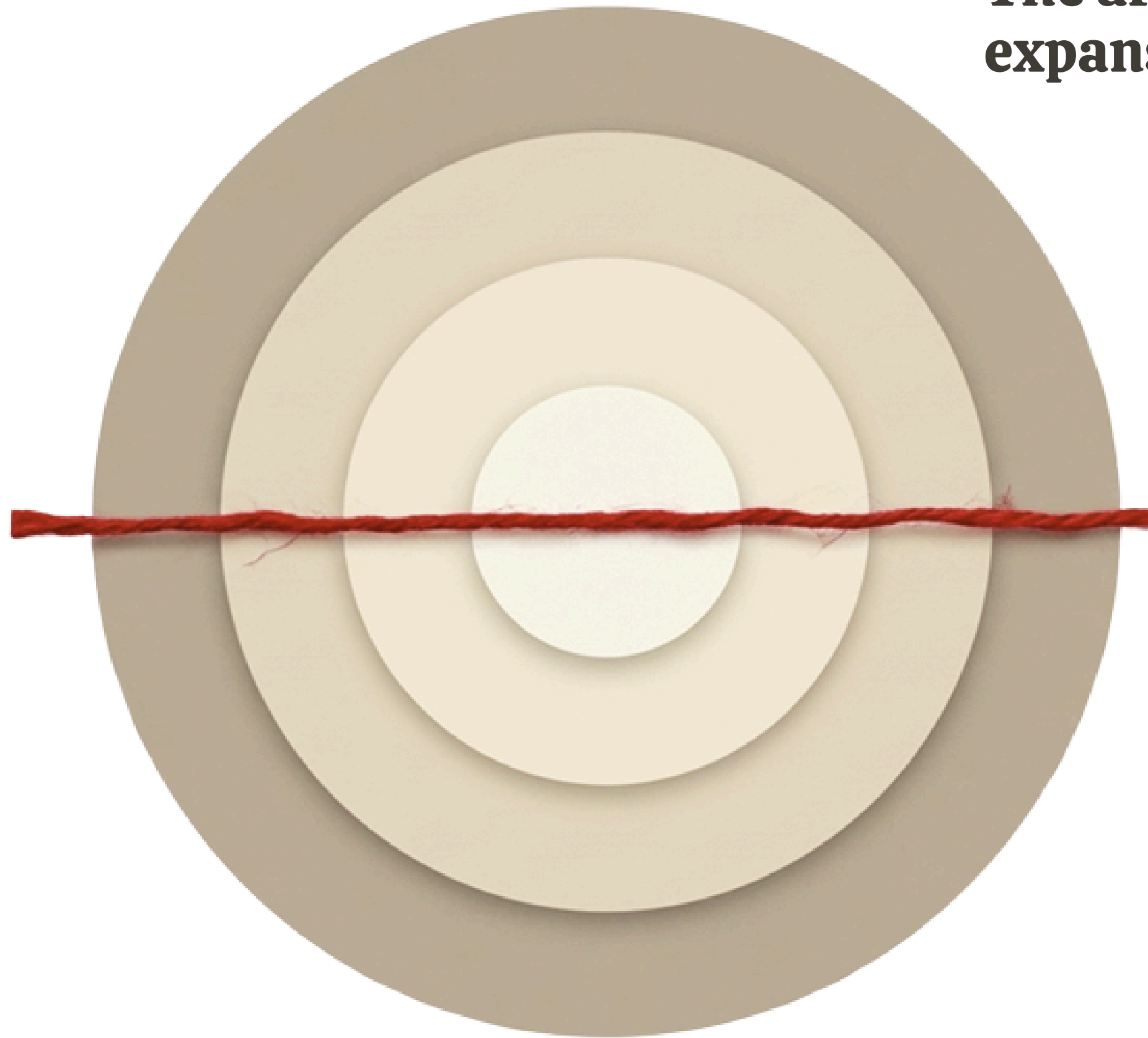


Groups in transition:
Intercultural,
multilingual, or isolated
contexts..

The methodological conditions for a safe space



The architecture of the map: a progressive expansion toward the community.



L1.	Emotional Needs: The personal core.
L2.	Relational Nourishment: The first ring of relationships.
L3.	Empathy and Boundaries: The ring of care and respect.
L4.	Cultural Resources: The outer ring of the territory..
L5.	Body and Cohesion: The cross-cutting axis of the entire experience, symbolized by the red thread.

Level 3: Ethics of care and the protected mirror of literature

Exploring empathy requires moving through difficult emotions: vulnerability, dependence, and the fine line between saving and destroying.

The case of *The Door*.

The use of Magda Szabó's novel *The Door* functions as a narrative resource. Literature acts as a protected projective mirror, allowing dignity to be explored without the need for direct personal exposure.

How can we accompany someone without overstepping their boundaries or taking away their dignity?

Field-based practice: adapting the CEM to the context.

The Modena case.

- Focus: the personal core and relational dynamics.
- Tools: the use of circular diagrams to identify current needs (L1), and transactional analysis to understand relational nourishment (L2).
- Activation: Laughter Yoga to break the ice and facilitate openness

The Valencia case.

- Focus: empathy, boundaries, and the restorative potential of territorial cultural resources.
- Tools: reading circles centered on *The Door* by Magda Szabó to explore dignity (L3).
- Infrastructures: mapping libraries and museums (L4). The *Receta Cultura* experience as a reference for the cultural impact on reducing anxiety. The red thread, woven collectively, as a physical expression of cohesion (L5)..

Preparing the space: psychological safety as the foundation.

Materials:

- Maps with concentric circles (A3)
- Markers, sticky notes, and cards
- Thread, wool, or colored cords
- Images, symbols, or evocative objects
- Chairs arranged in a circle and visible surfaces for building the map.a.

Listening without interruption:

Offering genuine attention, without correcting or diverting.

Absence of judgment:

No diagnosis or premature labeling.

Freedom not to share everything:

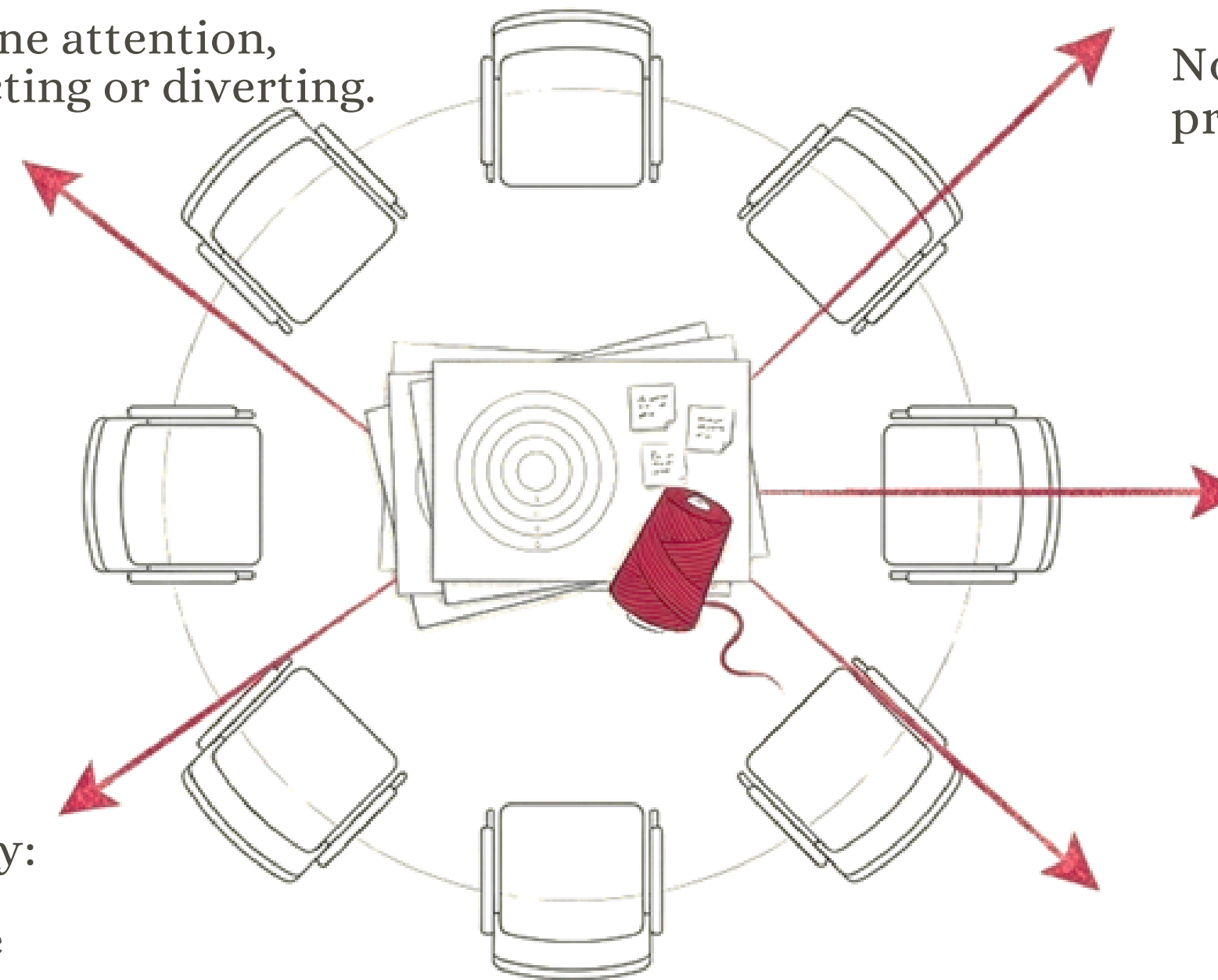
Depth does not require total exposure.

Confidentiality:

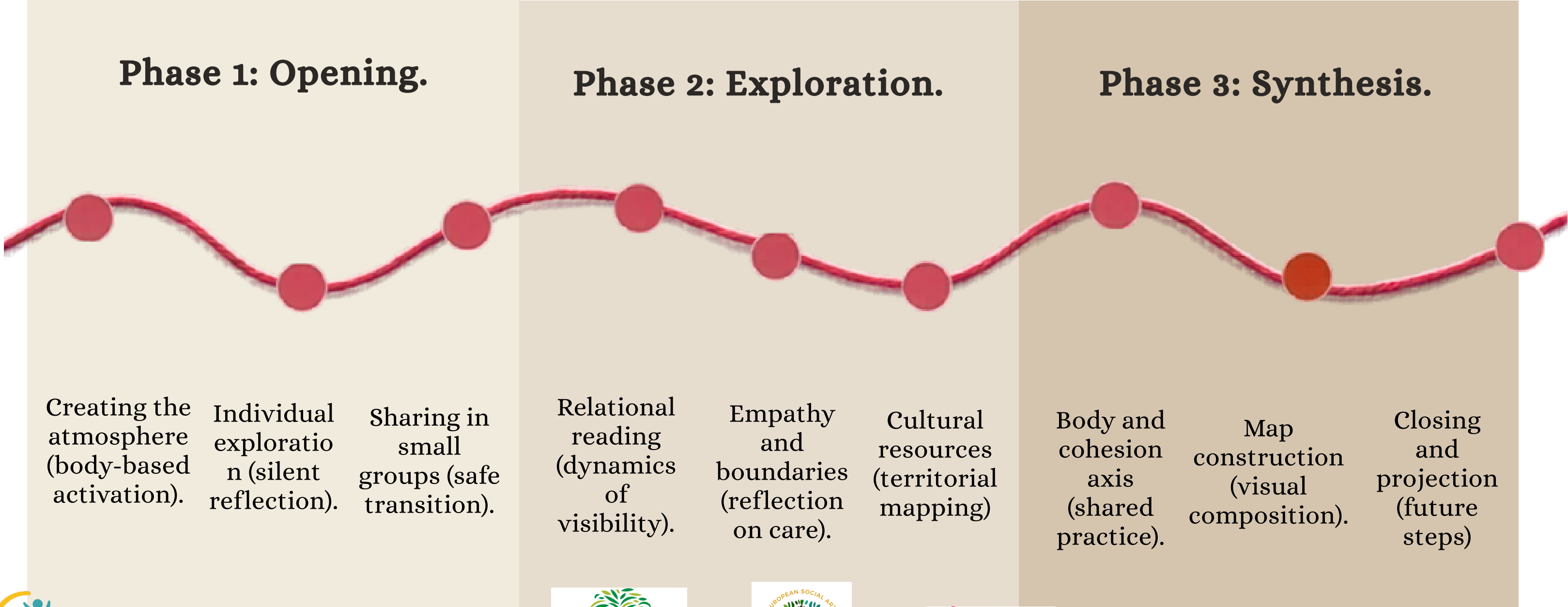
Protecting the group's trust.

Respect for boundaries:

Respecting individual rhythms and sensitivities.



The facilitation journey: the 9 phases of the map.



Sensitivity, not protagonism: managing the space without invading it.

The facilitator does not interpret the community from the outside, but rather creates the conditions for the group to recognize its own experience.

The facilitator's compass

The role of the facilitator (what to do)



- Open a safe space and protect its boundaries.
- Ask generative questions, not make judgments.
- Hold the rhythm and support the transition from the personal to the collective.

Risks to avoid



- Forcing intimacy: asking for more openness than people can sustain.
- Reducing the process to an abstract conversation: ignoring the visual, embodied, and symbolic dimensions.
- Reducing the map to a list of problems: reinforcing a deficit-based view instead of recognizing resources.
- Confusing facilitation with therapy: shifting the process toward a clinical logic.

From territory to embodied cohesion.



1. L4: Cultural resources

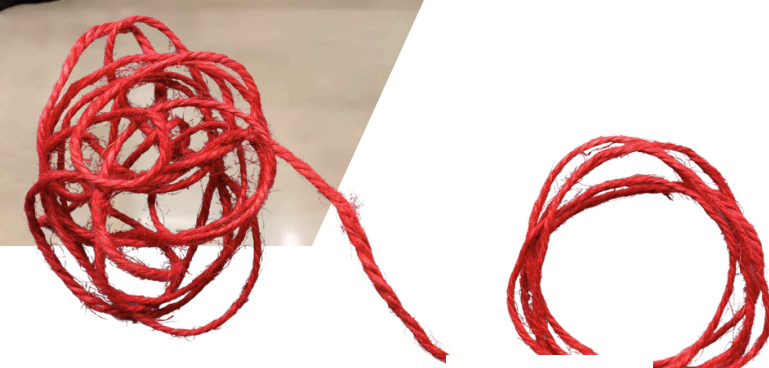
Culture not as mere entertainment, but as an infrastructure of well-being: libraries, museums, and public spaces.

Which resources in the area contribute to people's well-being?

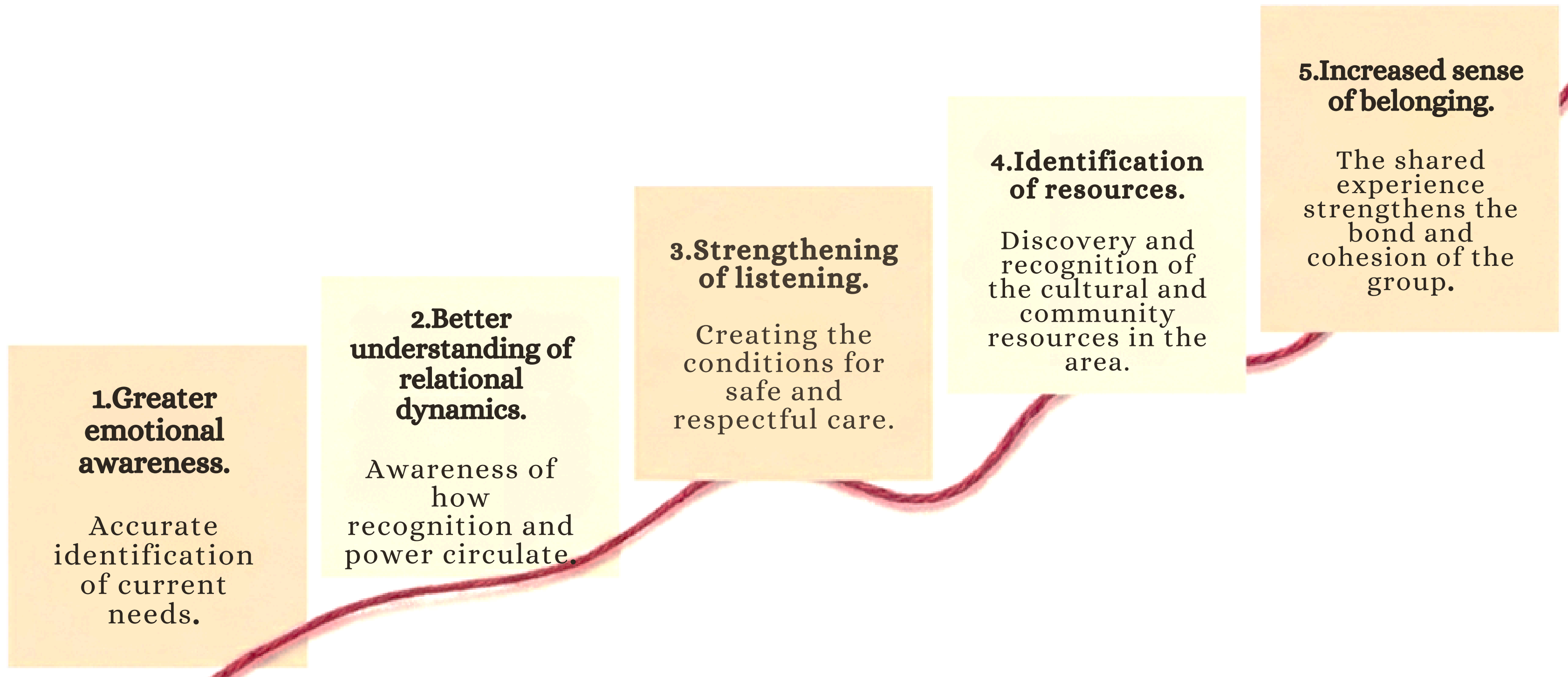
2.L5: Body and cohesion (cross-cutting axis)

Well-being is not built through words alone, but also through gesture, rhythm, and shared practices (e.g. Laughter Yoga or collective weaving).

What makes us feel together without the need to speak?



Expected outcomes: from personal experience to a sense of belonging.



The CEM does not produce only a visual artifact or a list of needs. It produces a shared understanding of the community.



Its true strength lies in not separating dimensions that, in real life, always appear intertwined: personal needs, relationships, care, dignity, cultural resources, and the body. From this shared awareness, new forms of community well-being can emerge.



Intertwined dimensions

Recognizing how personal needs, relationships, culture, care, and the body are connected.



Shared awareness

Creating a collective understanding through listening, respect, and participation.



Dignity and care

Placing care, respect, and dignity at the center of every step of the process.



Cultural resources

Valuing libraries, museums, public spaces, and local heritage as infrastructures of well-being.



New forms of well-being

From shared understanding to stronger bonds and more resilient communities.



The map is a means. The community is the destination.



Happiness



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