

Process Issues

Overview

- A **Process** is a series of actions or steps that achieve a particular outcome.
- A **Process Issue** occurs when a step (or the ideas that support the steps) in the **Process** cause different and even undesired outcomes.

The structure of a process from beginning to end includes:

- What we think
- When and what decide
- What we act on
- What the outcome is
- How we react to the outcome

We often confuse process issues with outcome and identity issues. What that means is we recognize the old story in terms of “what we remember”.

In other words, how the story ended (outcome) and what we concluded about ourselves, our capability, or worth (identity) *becomes the story*.

When we feel stuck with a BIG problem, we feel resistant to breaking it down into parts that make change manageable.

With flooding, what we've done is taken those parts that stack together like Russian dolls and looked at it as a whole, rather than individual parts.

One inside the other, each doll “builds”. It's the same for the parts of a process influencing what we believe to be true and what's possible for ourselves.

Processes work the same way:

- **Ideas** accumulate to become **Choices** >>
- **Choices** turn into **Actions** >>
- **Actions** are enacted within **Relationships** where **Understandings** are formed >>
- Our **Understandings** are cultivated as a result of **Skills**

This “build” demonstrates the snowball effect of an idea turned into a skill - an *Unconscious Competency*. When that Unconscious Competency (habit of mind) is activated, it leaves you feeling either in your power OR all twisted up inside.

We take the ideas, choices, and actions and turn them into larger things that we can't act on - relationships and abstract understandings. So, if we can't move the needle forward because there's nothing to act on, we stay the same.

We're STUCK.

When we stay the same, we flood the same images, conversations, feelings, sensations in our nervous systems. Our problem then becomes identic or related to a past outcome.

We change what we supply our nervous system (our processes), and then our whole perspective of the world changes.

We'll learn about what and how we can change what we supply our nervous system in the "Tools" section.