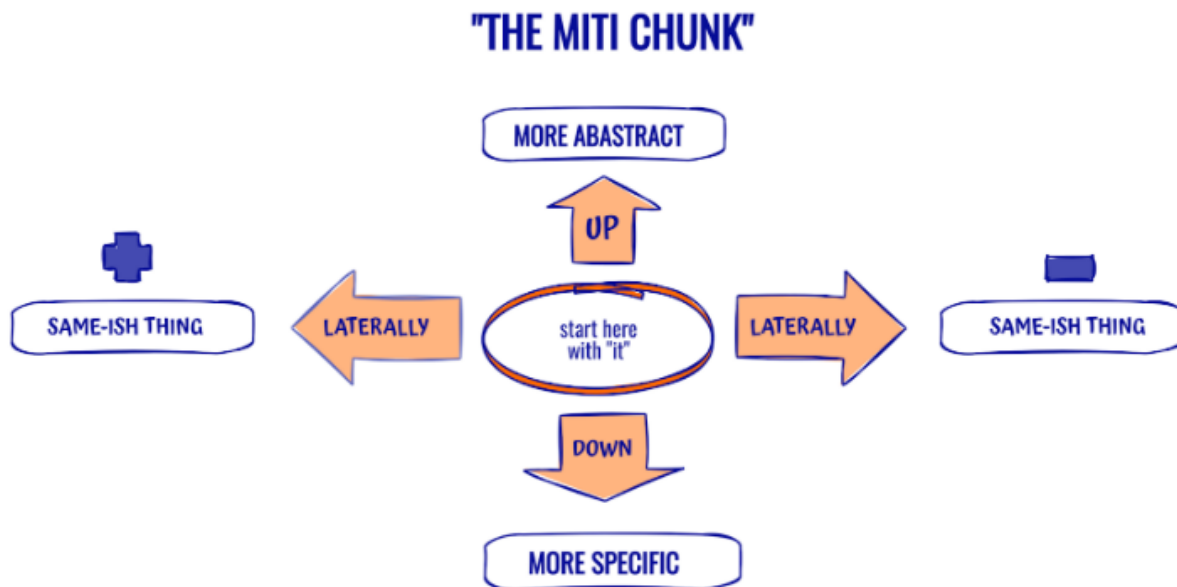


## Chunking

## Overview

Just as Mind Mapping is a way to get what is mapped internally out onto the page so we can see it and work with it, so is Chunking.



## What is Chunking?

**Chunking** is a way to organize ideas hierarchically.

It is an NLP-based questioning technique that takes into account the way we naturally organize information. (Chunking happens naturally when Mind Mapping.)

When you look at ideas through the lens of chunking they will fall "above," "below," or "at the same level" of each other, like rungs of a ladder. That's what it means to be hierarchical.

Chunking is a way to organize the elements of our stories (that feel true) into groupings that are more specific, or more abstract, or more similar.

Knowing how to intentionally chunk and organize ideas is a great life skill. It creates *flexibility* in thinking and allows you to find solutions.

## **Why We Chunk**

We use chunking for different reasons, depending on what the situation calls for.

1. When we feel stuck our story tends to be very specific, fixated on aspects we couldn't control or change at a certain time and place. In order to understand more about what we need to resolve, it helps to have a way to get a bird's eye view of the issue and get a *new* context. We do this by chunking UP.
2. Or, maybe we feel overwhelmed by the scope of a problem. It feels too big and we can't seem to pinpoint a place to begin. We're unable to "get clear" about what we mean. This is when you bring in the skill that is Chunking DOWN.
3. And then sometimes it's a matter of figuring out a new context. This can be done from a bird's eye view by going just two steps to the left or right from our center focus. This is what it is to chunk LATERALLY.

To make chunking more clear, let's use an example.