

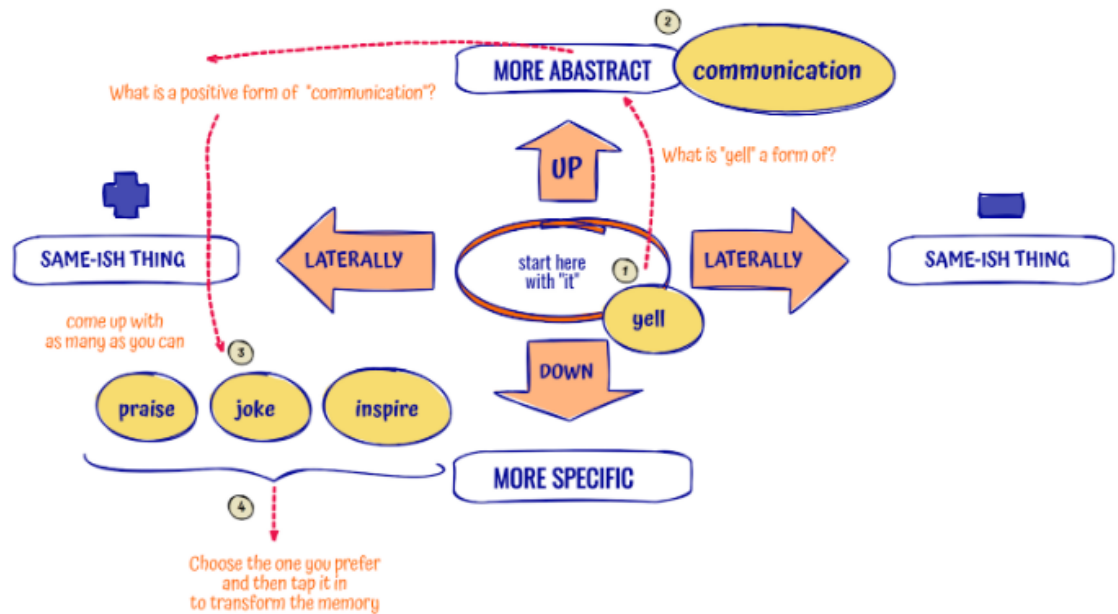
Chunking: Communication

Overview

Example: Communication

WHAT WE DO WITH "THE MITI CHUNK"

- 1 We define what it feels like NOW
- 2 We go UP - to gain perspective and find out what we are really dealing with here
- 3 We go OVER in the positive direction - to see what is possible over there
- 4 We then go DOWN to find the exact for on it that we want



Let's imagine you are dealing with a memory where miscommunication took place and it still bothers you to this day.

That is why you want to work on this memory.

But even though you know how to work on memories, when you go to work on *this* memory, you feel stuck.

This could be because the way you are holding the memory is either too specific (fixated) or too general (overwhelmed, unclear).

In either case, it results in feeling like you are unable to change what is happening in the memory in a way that allows you to take a more appropriate action and move forward from where you are (then and now).

To create some flexibility in your thinking and be able to find a solution you would bring in Chunking.

Your starting point is COMMUNICATED BADLY.

The first question to ask yourself is

- What is miscommunication/communicated badly a form of?

Communication

Communication is abstract, so you will next ask yourself questions that help you to get more specific.

- What type of communication was it?
 - Was it positive or negative communication?
 - Was it verbal or nonverbal communication?

It was negative and verbal communication.

- What type of negative, verbal communication was it?

Yell. Insult.

This is what it is to chunk DOWN to get the specifics of the "miscommunication."

In order to find a solution - we will chunk UP, then LATERALLY and then DOWN.

"Yell" is our starting point.

To chunk UP, we ask:

- What type of action is this?
- What is "yell" a form of?

We know...

- **Chunking UP:** Shifting from a specific thing, action, place, or small scale idea toward more general, larger ones

Chunked UP to the idea of “*communication*”, you are now in a position to find other examples of communication.

You do this by chunking LATERALLY: traveling sideways from the idea of *undesirable communication* to the idea of *desirable communication*.

- **Chunking laterally:** The process of chunking up *and then looking for other examples*

This is how we use chunking to move from what we don't want to what we do want. You are creating flexibility. You have put yourself in a position to find a solution.

While over on the *desirable communication* side of things, you can chunk DOWN to a form of communication you'd rather experience.

- **Chunking down:** Shifting from an abstract idea toward a more specific, smaller one

You may do this by asking yourself, “What kind of communication would I have preferred in this memory?”

Praise? Talk? Smile? Nod?

Choose the one you want... and apply it to the memory.