Visual Squash

Intention

- For integrating two conflicting parts
- Both parts should normally not be mutually exclusive and of the same logical type

Key Points

- Some of these segmentations may be useful and one may not be useful
- This is an exercise to explore if some of those segments are willing to come together or not
  - It is about co-existence and not competition
  - If both parts have different finger signals, they don't probably want to go together. They need to be of the same logical type, and you need to be able to chunk them to the same logical level
- If you get a signal, use it: Is there a positive intention behind? Is it ok for the parts to come together? Yes/No?

Process

1. Identify the conflicts and the parts involved
2. Create a representation of each part each in one location and see Behaviors and Attributes of each part
3. Associate to each part and elicit and chunk up intentions to become of the same logical level
   - Break State after each!
4. Represent parts each on one hand and confirm the highest intention behind is appropriate
5. Share resources and get agreement for the parts to come together
6. Create an image in front of self that represents a new, integrated outcome. When hands come together, bring them to the chest.
7. Future pace: Step into representation that was created and test for congruency.