

Experience Chunking



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Historical of concept 'size'

1896	Psychoanalytic	
1945	Behavior Modification & System approaches	
1970	T.A., Crisis Theory, NLP	
2004	KE, IMS, Integration of branches of science	

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Key points

- We must chunk experience to understand it
- We can only make 7 ± 2 discriminations
- We continually chunk experience
- 'Chunking small' provides strategies and tactics
- 'Chunking large' provides self-images, philosophies, and worldviews

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The chunking example



- Placing flag in the mountain our hero gets a pebble in his eye!
- Chunking "+" Big: _____.
- Chunking "+" Small: _____.
- Chunking "-" Big: _____.
- Chunking "-" Small: _____.

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Develop chunking habits with clients

- Chunk immediate positive experience 'large'
- Chunk immediate negative experience 'small'
- Effect of chunking everything 'small'
- Re-group and re-chunk and organize later (after the closing frame is certain)

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Smaller chunks increase goal orientation



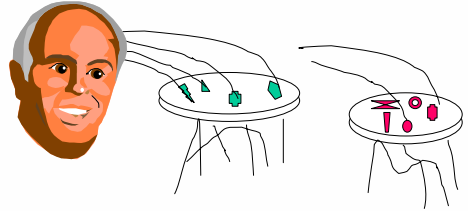
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Chunking & knowledge transfer

- Determines what experience is retrieved
- Determine the “amount” of experience
- Determine the organizing experience
- Determines available action
- Determines ability to reach goals

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Private experience chunking



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Examples of chunking filters

- Failing to see, hear, feel sensations
- Failing to notice the quality of feelings
- Labeling experience too large to notice a change for change
- Saying that you have too much ‘pain’
- Any depressing comments of self-talk
- Over-generalize summaries of spouse of others

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