



## The Visual Squash Exercise with Regression “Classic”

After sorting a conflict into its two parts, the next step is to integrate the two by combining or integrating the anchors for the two sides (there is the part that says YES and is highly motivated to make a change, and the part that says NO, for whatever reason). One way of accomplishing integration is what is called the “Visual Squash.”

**Access and get outcome for side #1.** (The part that wants to change.) “Put one polarity in the hand that is appropriate, seeing what that part of you looks like, hearing its tone of voice, and so on...Do you realize how this part is valuable to you?” ... (positive outcomes or functions). Or “Ask the part what its positive function is.” “Keep that part in that hand, as you turn to look at your other hand.”

**Access and get outcome for side #2.** (The part that resists change.) “Do the same with the other polarity in the other hand. This part may help you to consciously remember the events that are holding you back, or you may only remember bits and pieces of this (or these) events. Now you might be surprised at how your pre-conscious takes you back to these experiences now... (Pause.)”

“Sometimes our pre-conscious minds misunderstand events or situations. It is not uncommon for a parent or authority figure to tell us to “work harder or you will never succeed,” or “you’re a loser,” and our minds only hear the negative. Sometimes an event that did not work out, a dropped ball, a bad move, a split-second pause, can cause us to replay these events as if they were a part of us, not just something that happened that we can learn from.”

“Now I invite this part to release this event and any others that may be holding you back. You may allow yourself to see these events or causes in a new light.”