

- Though behaviors may be in conflict, positive intentions are not Integrative therapies reconnect these positive intentions with each other and chunk up to get beyond the opposition of behaviors.
- You can spot potential inner conflict via language, gestures, postural changes and bilateral incongruities .
- Integrative therapies involve separating the behaviors from intentions of the conflicting parts and then chunking up until identical or similar positive intents are found.
- Parts speak simply.
- It's important to speak of part by their positive intention after you've chunked up.
- Integration restores a full range of behavioral choices