

This worksheet is a simplified tool excerpted from the Transformational Language™ book series by Lee Skinner. It is intended for personal insight use only and does not replace the full teachings, context, or therapeutic process outlined in the books.

Symbolic Integration Guide

This guide combines two advanced transformational tools: FUSE (internal symbolic synthesis) and Motion Lock (somatic-symbolic anchoring). Use them to reconcile conflicting parts, integrate insight through movement, and transform identity at the symbolic level.

F.U.S.E. — Symbolic Parts Integration

F = Find — Identify the conflicting parts or voices within you. Visualize each one as a distinct symbol or image.

U = Understand — Ask each part what it wants, what it protects, and what it fears. Reflect the answers in their own words.

S = Synthesize — Merge the two symbolic images in your mind, combining submodalities (color, shape, size, texture) until they form a new symbol that represents integration.

E = Emerge — Let the new symbol settle. Ask: 'What does this new image know or want that I didn't before?' Feel into the shift.

Motion Lock — Somatic-Symbolic Anchoring

1. Choose a physical movement or gesture you naturally make when thinking, pacing, or feeling aligned (e.g., tapping, walking, hand motion).
2. As you access a symbolic insight or emotional shift, pair it with that movement. Repeat the gesture as the feeling deepens.
3. Lock the association in by repeating the motion consciously while holding the new state. Use this gesture later to re-access the insight.

These tools allow you to speak your unconscious mind's native language: symbol and motion. Trust what emerges. You don't need to explain it — just feel and follow it.