# Procedure for Data Analysis

1. Obtain data from intra-actions, conversations, forms of communication (irl, emails, texts, phone calls, telepathic) that cause discomfort
2. Locate moments of gravitational pulls within these intra-actions
3. Map out elementary identities at play within moments of gravitational pulls and when they coalesce into a unitary subject
4. Identify what four fundamental forces are intra-acting with these identities and in what moments
    - With shame (strong force), indicate color charge: I am stupid (red); I am ugly (blue); I am dirty (yellow); I am weak (green). Acknowledge hierarchies (force carrier)
    - With beliefs (electromagnetic force), write out narratives attached to each identity. Acknowledge binaries (force carrier)
    - With intuitive (weak force), recall moments of gravitational pulls, then feel past beliefs and write down feelings arising from the gut. Acknowledge moments when feelings shift back into worth and value, M capital and H capital (force carriers)
    - With trauma (gravity), connect instances when intra-actions switch into an identity with past traumas
5. Note all instances within the act of observation where cuts are made between what is included and excluded from what is being considered
6. Helpful questions to ask when observing and analyzing identities:
    - Is it really true, is this really who I am?
    - What does it mean to be [insert identity]?
    - Does it create expectations and limitations and define how I intra-act with myself and others?
    - Does it protect me in any way?
    - Is it keeping me safe?
    - What am I afraid of losing and/or becoming?
    - How does it serve me?
    - Am I trying to prove something?
    - Do I use it as an excuse?
    - Does it justify certain behaviors?
    - Does it give me a sense of value or worth?
    - What would be possible if I didn't have this identity? Who would I be? What could I realize and who could I become?
7. Repeat, probing smaller and smaller distances from identification, until gravitational collapse occurs, black holes are created, and observation become impossible