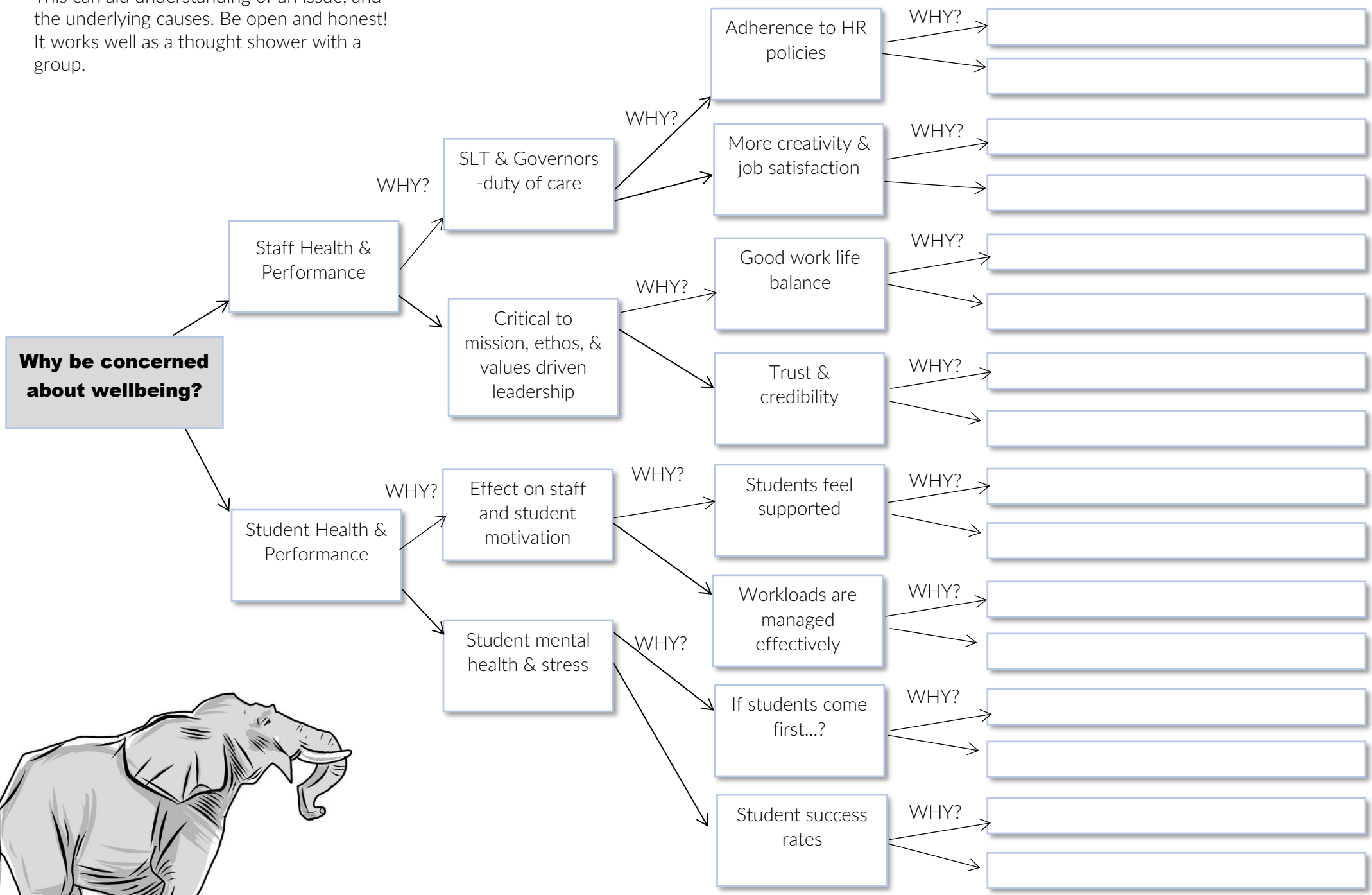This can aid understanding of an issue, and the underlying causes. Be open and honest! It works well as a thought shower with a group.