Figure 1 reflects a revised interpretation of the PAR conceptual framework with three tiers which directly corresponds to the three tenants I identify earlier (communication arenas, an iterative cycle, and capacity for self-organization).

Communication arenas (the large black circles) characterize open dialogue and decision making in which co-generation of knowledge between the researcher and the affected parties occurs. Arenas are brought in at 4 critical steps in the process 1) defining the problem, 2) generating ideas 3) agreeing on a plan (and implementing priority actions) and 4) evaluating and adapting the plan. The second level reflects an iterative cycle or rhythm to the process. This occurs both between the arenas – plan (open), act (close), observing and reflection (pause)\textsuperscript{10}, as well as encompassing the arenas as a sequence in an ongoing, a cycle where an evaluated plan becomes the reflective primer for the next plan. The third level represents building a capacity for self-organization, as collaboration between insiders and outsiders occurs within the communication arenas. Red dots represent the researcher or outsider. Orange dots reflect insiders, or affected parties. Over the process affected parties get larger (gain power) while the researcher becomes smaller (loses power) as an intentional step of creating. Further, additional parties are integrated and the network becomes more established.