1. We "pull out" each of the operands of $E = (u+v) + ((w + (x+y)) + z)$. We perform this arbitrarily from left to right.

By the associative law, E can be transformed into $u + (v + ((w + (x+y)) + z))$. Thus we have $E = u + E_1$ where $E_1 = v + ((w + (x+y)) + z)$. We trivially pull out v from E_1 to get an expression of the form $v + E_2$ where $E_2 = (w + (x+y)) + z$. With the associative law we transform E_2 into an expression of the form $w + E_3$ where $E_3 = (x+y) + z$. Similarly we transform E_3 into an expression of the form $x + E_4$ where $E_4 = y + z$. We transform E_4 into an expression of the form $y + E_5$ where $E_5 = z$. The sequence of transformations is

$$
\begin{aligned}
&(u+v) + ((w + (x+y)) + z) \\
&u + (v + ((w + (x+y)) + z)) \\
&u + (v + (w + ((x+y) + z))) \\
&u + (v + (w + (x + (y+z)))).
\end{aligned}
$$

2. We transform $E = w + (x + (y+z))$ into $F = ((w+x)+y)+z$. We do so by "pulling out" one operand a from both expressions, which are equivalent, and then repeating with the next operand until none are left.

We first choose to "pull out" w from both expressions first. This is already so for E. By the associative law we transform F into