

-3a Learning Opportunities	-2 Shift / Reframe	-1 Ego threat	A Factual Stimulus	B Thoughts Mind Chatter	C1 Emotions	D Costs & Ripple effect
<p>Any learning opportunities this is helping me to identify or remind myself of?</p> <p>It may also relate to what I need to work on that may be preventing me from being able to do the identified next steps.</p>	<p>Now that I have a little more distance from my pinch, I can re-evaluate the situation.</p> <p>Let's remove the distortion due to my ego being triggered. How does the situation now appear to me?</p>	<p>What is threatening my ego? What is my real ego trigger? (mostly about me)</p> <p>Think about:</p> <ul style="list-style-type: none"> <li>• Dreaded/Desired Images</li> <li>• Anxieties from Pattern</li> <li>• Resemblance with a childhood significant event</li> <li>• Driving Idea</li> <li>• Unconscious Goal</li> <li>• Pro-active Ego</li> <li>• Camouflage / real anxiety</li> </ul>	<p>Describe factually the moment you felt a pinch:</p> <ul style="list-style-type: none"> <li>▪ If you notice there was a chain of successive pinches, choose to work on the first pinch.</li> <li>▪ Do a camera check.</li> <li>▪ Underline the actual stimulus.</li> </ul>	<p>Describe your mind-chatter fully. Include all thoughts and reflections that came to your mind. Some thoughts may not be fully formulated. Do your best to put them in to words here.</p>	<p>Capture the emotions you felt. Reread and notice if beliefs and thoughts were described as emotions. If you captured beliefs and thoughts make sure they are included in column B.</p>	<p>What are the costs? ... In a few minutes and in a few days?</p> <p><b>For me</b></p> <ul style="list-style-type: none"> <li>• How might I feel as a result?</li> <li>• What stress might be a result?</li> </ul> <p><b>With others</b></p> <ul style="list-style-type: none"> <li>• How might the other person feel or react?</li> <li>• What might be the ripple effect?</li> </ul>
<p>-3b Next Steps</p>	<p>Are there relevant elements that I had ignored before reevaluating?</p>				<p><b>C2 Reaction</b></p>	
<ul style="list-style-type: none"> <li>• One option might be to have a conversation with the other person. You can now do it outside of your pinch (with distance from your story). Be clear with goals and intentions in having the conversation.</li> <li>• No follow up may be necessary.</li> </ul>		<p>Often I can notice an immediate sense of relief when I identify the ego threat. I recognize the familiar ego threat and feel less at the mercy.</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Delicate Moment 1</p> <p>- Stop when feeling pinched</p> </div>		<p>Knee-jerk response / behavior</p> <ul style="list-style-type: none"> <li>• How did I react?</li> <li>• With this mind chatter, how do I typically react, even if I haven't (yet)?</li> </ul>	

- How can I realign my reasoning and feelings (B) to diminish my -1 and shift to -2?

Delicate Moment 3

Delicate Moment 2

- Tracing back the thread of my ego.  
- Often the ego trigger is very different from the mind-chatter.  
- Danger of missing what really touched me.

