

5. Deeper Reasons	6. Benefits	7. Costs
<p>What is the “Real Reason” for avoiding C- and gravitating toward C+</p> <p>What EgoThreat? Fears? Powerlessness?</p> <p>What EgoCandie?</p>	<p>What Ego benefits from:</p> <ul style="list-style-type: none"> - avoiding the C- - doing the C+ - making the trade off <p><i>Examples:</i></p> <ul style="list-style-type: none"> • <i>I don't risk feeling incompetent or uncomfortable.</i> 	
<p>How does it not scratch the itch of your UG, Treadmill? Makes me feel like a star or heroe...</p>	<ul style="list-style-type: none"> • <i>If I respond to my Email 24/7, I feel needed and responsible.</i> • <i>If I surf the web or play video games: I'd rather appear/believe to be undisciplined, than unintelligent.</i> 	

5d.



8.

Overall discoveries and learnings from the whole chart

