

Pinch Sorting Chart Instructions



You'll need a fresh Pinch chart.

Goal of this section: Practice shifting from a place of reaction in order to regain access to your best resources.

A. Activating STIMULUS 1	B. Beliefs & THOUGHTS 2	C1. Consequent EMOTIONS 3	C2. Consequent ACTIONS 4	D. Costs & RIPPLE EFFECTS 5
Δ. Delta between A & -1 7	-1. Ego Threats / Drivers 6	-2. Reframe 8	-3. Purpose / ATS Goal 9	-4. Potential Actions 10

Use a blank chart (you can [download one here](#))

But if you don't have access to a Pinch Sorting Chart, you can just take out a blank piece of paper, turn it horizontally (landscape), create 5 columns (by drawing 4 vertical lines) and 2 rows (by drawing 1 horizontal line), and off you go.

The rest of this document is a detailed description of how to fill out the chart. It may feel daunting at first, but please do not fear! Instead of sharing general guidelines about it, we've broken the process down into the smallest possible increments in order to avoid confusion and save time! If you practicing this a few times, it will dramatically reduce the time it takes you to unpack one of your pinches.

Pinch Sorting Detailed Instructions

- Choose which one of these Pinches you would like to sort
- [Optional, if your pinch feels very intense] Start by venting on separate paper.
- Box A • Activating Stimulus -- Fill in the observable details of your Pinch in Box A of the “Pinch Sorting” chart
- Check what you’ve listed in Box A
 - Check that you are only addressing one stimulus at a time in this chart
 - Underline the very specific word, gesture, etc. that was a trigger for your pinch
 - Camera Check: Do you notice any beliefs, inferences, assumptions, thoughts or mind chatter that remains in Box A and should be moved to Box B?
- Box B • Beliefs, Thoughts, Mindchatter -- list the beliefs and thoughts you had based on the observable detail in Box A;
- Box C1 • Consequent Emotions -- list the emotions you experienced as a result of the original stimulus;
- Box C2 • Consequent Reactions -- list the counterproductive behaviors you did or are likely to partake in as a result;
 - Think about what you did or felt like doing (that was unproductive).
 - Think about how you did it -- in other words, what energy did you have?
 - Think about what refrained from doing (that could have been productive).
- Box D • Damages, Costs and Ripple Effects -- capture any costs to you, to others and to the context that have already occurred or may occur going forward;
- Box D [Continued] -- think specifically about the ripple effects (Ask yourself -- How am I likely to show up down the road if I stay pinched? How am I likely to reinforce my filter and pile on pinches? What collateral damage might I create? What will the accumulated costs be?)
- Ask yourself: “At this stage, am I really certain that I do not want to generate these costs for myself and others? Do I really want to reconnect to my best internal resources and constructively impact the situation?”
 - If the answer is yes, continue. If the answer is no, you can either decide to stay in a place of reactivity or you can go back and see if you can complete the costs of staying in a reactive state.
- Box -1 • Ego Threats/Drivers
 - List your ego drivers that were likely activated in this moment. What is the

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familiar danger for your ego? What does it want to prove? (you can also refer to your desired/dreaded images, your patterns, your unconscious goal, or your Driving Idea);

- Can you recollect a childhood significant event that feels connected?
 - *Ask yourself: "Isn't this just my familiar hot button engaging? Do I really want to trust my hot button blindly and continue to create the costs I do not want?"*
 - *Then ask yourself: "Noticing this, am I already feeling less reactive or less deflated? Am I more creative/curious/centered?"*
- **Box Δ • Delta** -- If you take out the subtext that your ego is adding, how is your Ego Threat (Box -1) different from your Activating Event (Box A)? Be very literal in this step.
 - If you connected to a Significant Event, how is this situation different than that?
 - **Box -2 • Reframe** -- If I'm not projecting this threat, how else could I read and experience this situation? How can I *reframe* it?
 - What elements might I be missing?
 - What else was expressed that I forgot or disregarded?
 - What other ways could I interpret what was said, without the layer of my ego threats?
 - Is there anything in the other person's context or situation that I did not consider, but that could help my interpretation?
 - Is there a learning opportunity for me here?
 - Did I do anything beforehand that contributed to box A?
 - **Check-in with yourself:** *"Noticing this, am I already feeling less reactive and more creative?"*
 - **Box -3 • My Purpose** -- Which ATS goals help you feel recentered and energized? Which are stronger than your ego fears? (you can think about Context, Contribution and Learning goals)
 - **Check yourself:** *"Noticing this, am I already feeling less reactive and more creative?"*
 - **Box -4 • Next Steps** -- having reconnected to a sense of creativity and curiosity, brainstorm some different responses (some of them might be similar to C2 but from a different space).
 - Think back to the moment of the pinch
 - Think about now. Is there anything I can do to clean up, if relevant?
 - See if an option(s) rises to the top for you.