

-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"> • Dreaded/Desired Images • Anxieties from Pattern • Resemblance with a childhood significant event • Driving Idea • Unconscious Goal • Pro-active Ego • Camouflage / real anxiety 	<p>Describe factually the moment you felt a pinch:</p> <ul style="list-style-type: none"> ▪ If you notice there was a chain of successive pinches, choose to work on the first pinch. ▪ Do a camera check. ▪ Underline the actual stimulus. 	<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>For me</p> <ul style="list-style-type: none"> • How might I feel as a result? • What stress might be a result? <p>With others</p> <ul style="list-style-type: none"> • How might the other person feel or react? • What might be the ripple effect?
<p>-3b Next Steps</p>	<p>Are there relevant elements that I had ignored before reevaluating?</p>				<p>C2 Reaction</p>	
<ul style="list-style-type: none"> • 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. • No follow up may be necessary. 		<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><i>- Stop when feeling pinched</i></p> </div>		<p>Knee-jerk response / behavior</p> <ul style="list-style-type: none"> • How did I react? • With this mind chatter, how do I typically react, even if I haven't (yet)? 	

- 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.