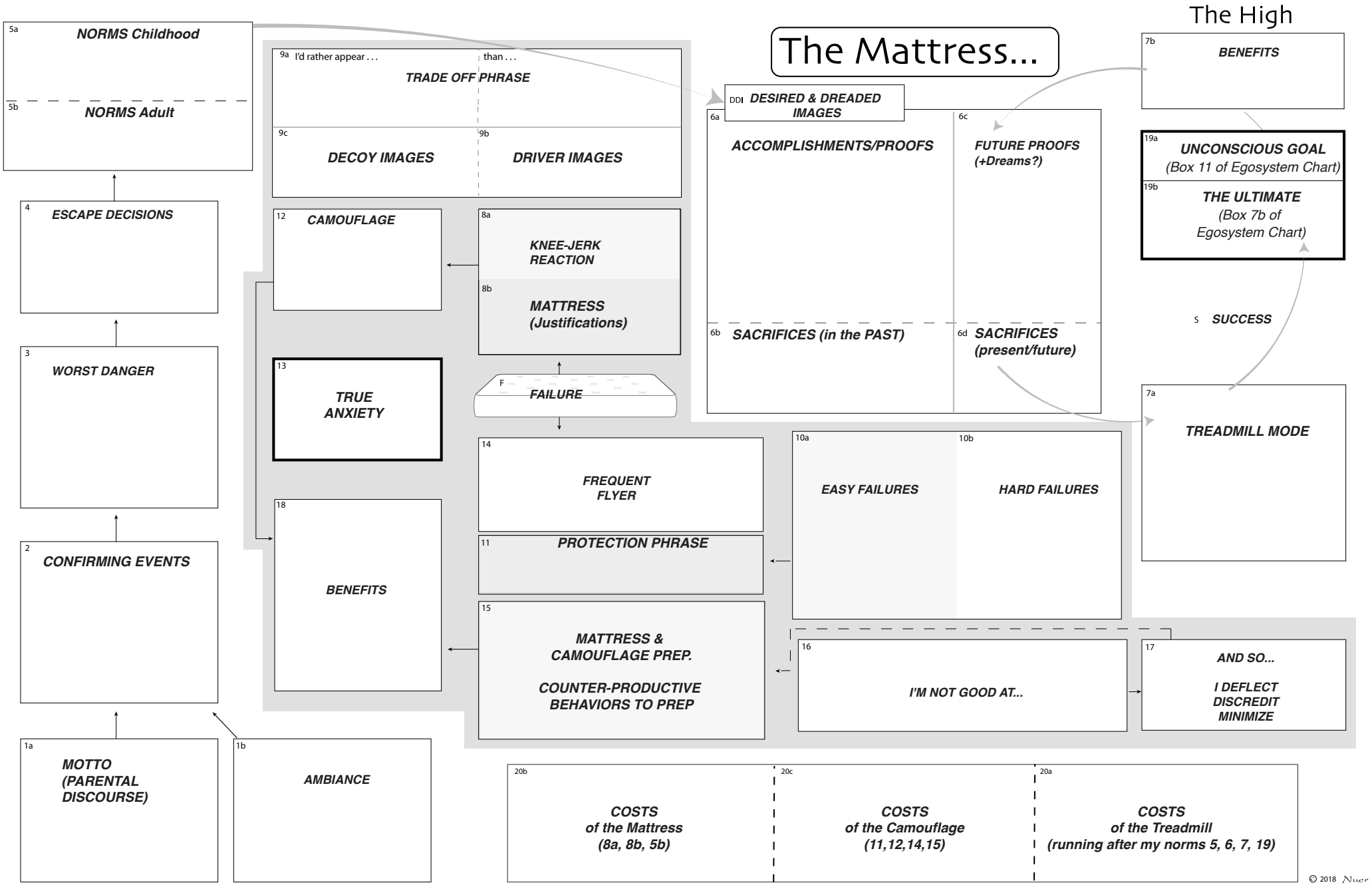
The Mattress...
The High
5a NORMS Childhood
5b NORMS Adult
4 ESCAPE DECISIONS
3 WORST DANGER
2 CONFIRMING EVENTS
1a MOTTO (PARENTAL DISCOURSE)
1b AMBIANCE
9a I'd rather appear . . .
than . . .
TRADE OFF PHRASE
9c DECOY IMAGES
9b DRIVER IMAGES
12 CAMOUFLAGE
13 TRUE ANXIETY
18 BENEFITS
8a KNEE-JERK REACTION
8b MATTRESS (Justifications)
F FAILURE
14 FREQUENT FLYER
11 PROTECTION PHRASE
15 MATTRESS & CAMOUFLAGE PREP.
COUNTER-PRODUCTIVE BEHAVIORS TO PREP
DDI DESIRED & DREADED IMAGES
6a ACCOMPLISHMENTS/PROOFS
6c FUTURE PROOFS (+Dreams?)
6b SACRIFICES (in the PAST)
6d SACRIFICES (present/future)
10a EASY FAILURES
10b HARD FAILURES
16 I'M NOT GOOD AT...
17 AND SO...
I DEFLECT
DISCREDIT
MINIMIZE
7b BENEFITS
19a UNCONSCIOUS GOAL (Box 11 of Egosystem Chart)
19b THE ULTIMATE (Box 7b of Egosystem Chart)
S SUCCESS
7a TREADMILL MODE
20b COSTS of the Mattress (8a, 8b, 5b)
20c COSTS of the Camouflage (11,12,14,15)
20a COSTS of the Treadmill (running after my norms 5, 6, 7, 19)
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