

DIVERSION

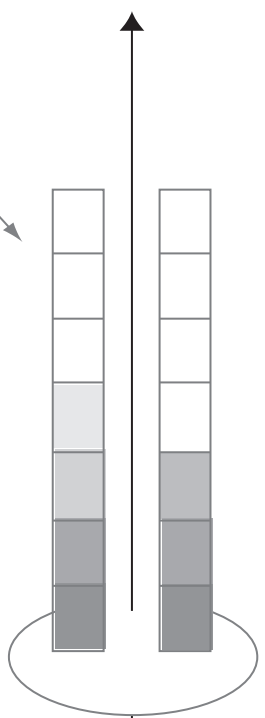
^F **Ultimate Fantasy** (Box 7b - Egosystem chart)

³ **True Anxiety / Ego Threat**

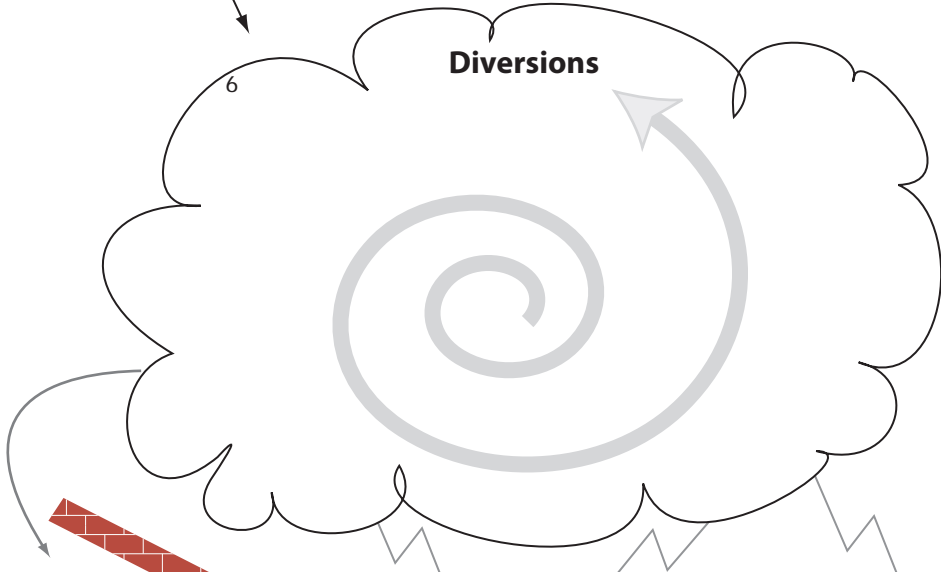
⁴ **Unconscious Goal** (Box 11 - Egosystem chart)

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How I "implode"	How I "explode"
<ul style="list-style-type: none"> -Mattress Prep (Box 14 -Mattress chart) -Alert Mode (Box 9 - Egosystem chart) 	<ul style="list-style-type: none"> -Mattress (Box 8b - Mattress chart) -Knee Jerk Reaction (Box 8a - Mattress chart) - Alert mode



⁵ **Driving Idea** (Box 12 - Mattress chart) | **Camouflage** (Box 8 - Egosystem chart)



¹ **Ways I feel challenged:**

- Areas of responsibility
- Projects
- Relationships
- Things I'm not good at
- Things I do not like to do
- Next level

⁷ **Real Tension**

If I was not so obsessed or caught up in a diversion, what would I be anxious about

⁸ **Benefits**

- What do I avoid?
- How do I reassure myself?
- what feelings of rightousness / superiority do I have?

¹⁰ **What really matters**

- What is most important?
- How is this an opportunity for me to grow?
- What facts/beliefs contradict my diversions (self/others)?

⁹ **Costs**

- Myself (emotionally)
- Others
- Our relationships
- My/our goals
- Time
- My next level
- Compensations

DIVERSION CHARACTERISTICS

TYPES OF DIVERSIONS

TYPES OF DIVERSIONS