Extended Pinch Sorting

B. Your Mind Chatter	C1. Your Feelings	D1. Benefits to You (of Keeping that Stance)
	C2. What you did in response?	D2. Costs & Ripple Effects

THEN

A. The Facts: What Happened?

NOW

-1a. Release - Reveal your Ego Threat	-2a. Reframe – Revisit the Plain Facts Dissociating the Subtext	-3. Respond: New Course of Action
-1b. Release – Reconnect with your Intentional Goal	-2b. Reframe – Reinterpret the Situation (and Learning Opportunities)	