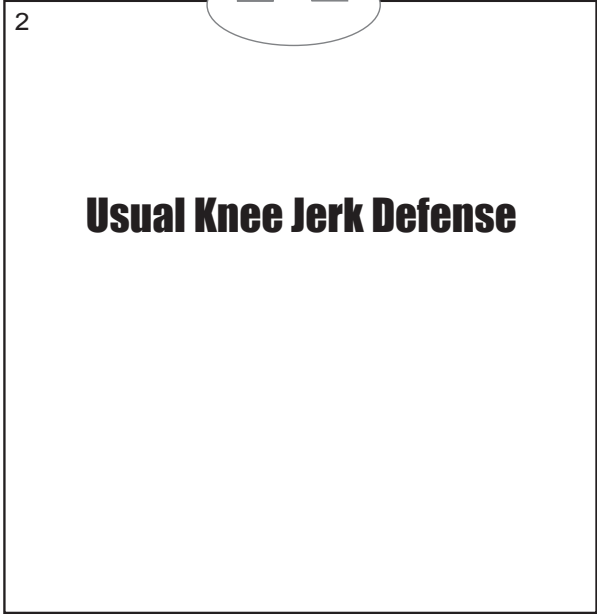


5

Diversions

- > Ant: more OCD, inventing curcial to dos
- > Crickets: more targeting and depression?

Pinch-o-meter



2

Usual Knee Jerk Defense



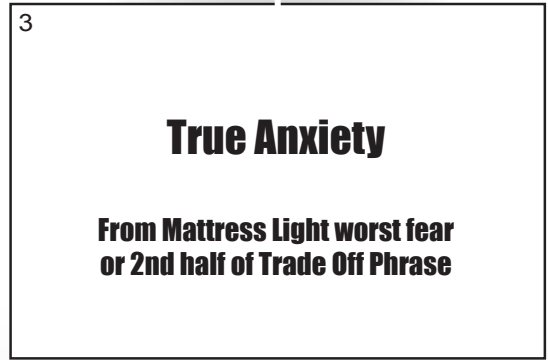
4

Performance Fantasy

From a list of juicy high with successes:
 --> what it means about my worth and intelligence
 --> what success/perf fantasy
 Or my most important Desired Image



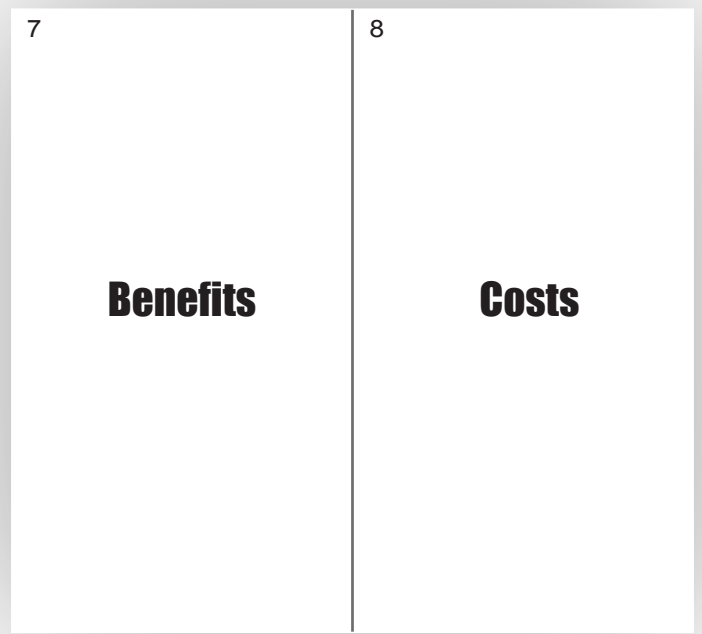
Ego Gap



3

True Anxiety

From Mattress Light worst fear
 or 2nd half of Trade Off Phrase



7

Benefits

8

Costs