



ID Card

Name: _____

Date: _____

P
A
T
T
E
R
N
S

Most Significant Pattern
Anxieties (3)

Reactions (4)

Benefits (5)

Costs (6)

EgoSystem

Driving Idea (8)

Unconscious Goal (11)

Alert Mode (9)

Alternate Power (13)

May Day (14)

Victim/Victimizer Cycle

Day 4 - Evening (notebook)

I

II



IV

III



The Performance Paradigm

Camouflage (14)

Treadmill Loop (5)

True Anxiety (15)

Protection Phrase (12)
(before)

Trade off phrase (13)

Mattress (11)
(after)

I would rather appear _____ than _____

Flower

Never Again

Noble Goal