

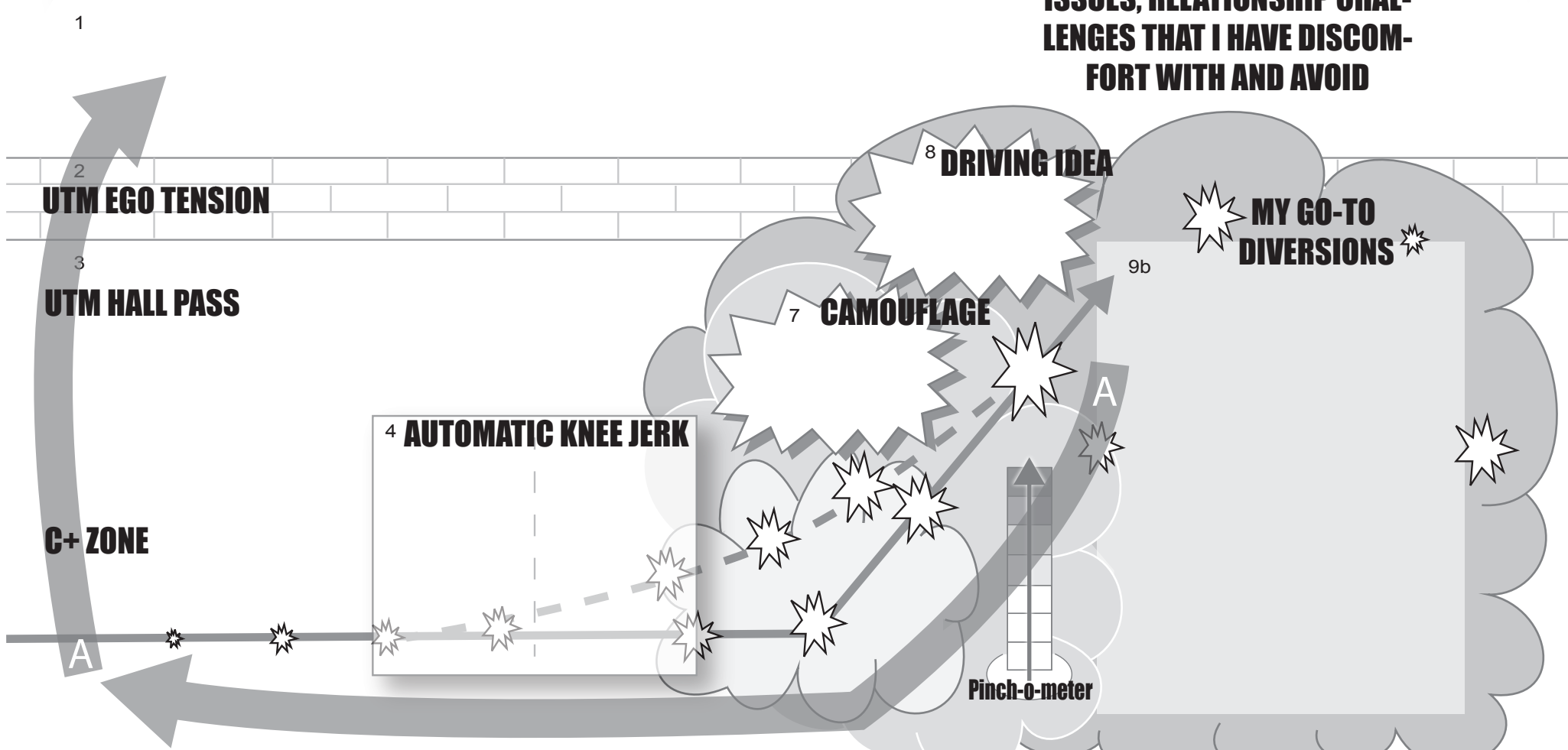
Diversion ID Card

ELAN

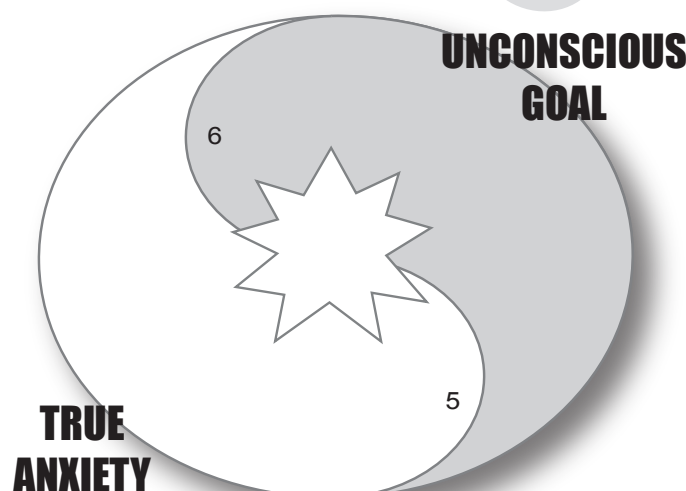
WHOLESOME CONTRIBUTION

LEARNING FRONTIER

ENDEAVORS, PROJECTS, ACTIONS, SKILL GAPS, TOPICS/OPEN ISSUES, RELATIONSHIP CHALLENGES THAT I HAVE DISCOMFORT WITH AND AVOID



10 BENEFITS



11 COSTS

Characteristics of Diversionary Energy

Unpleasant feelings of churn
Pain, frustration, resentment. Feeling distraught, victimized.

All consuming
It is hard to focus on anything else, like an obsession.

I am in my "tank"
I feel righteous. Everything about it seems extreme.

I seek allies
I look to others to reinforce my case.

Lack of progress
I seem to make no headway and when others try to support me, I 'flea jump.'

9a How We Divert	
a. Target, Blame, Make Others Bad By Myself With Others	e. "Awfulizing" (Catastrophic Thinking) By Myself With Others
b. Self-Judgment (Self-Target)	f. Resurfacing Old Wounds / Familiar Rabbit Holes By Myself With Others
c. Existential Life Crisis	g. Injustices (e.g., "the system's rigged", discrimination, other victimizations)
d. Fantasies/Obsessions	h. Projects