

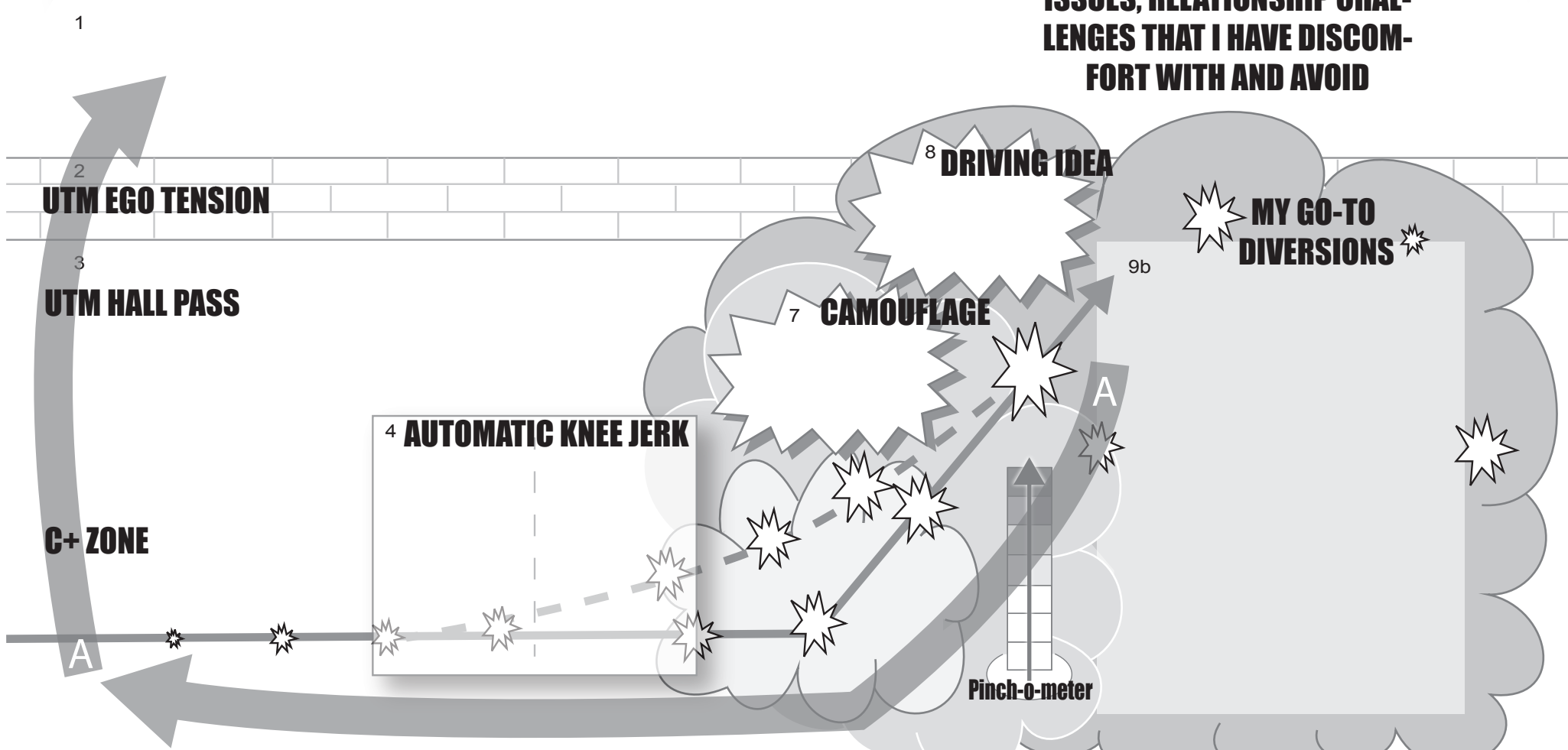
**Diversion ID Card**

**ELAN**

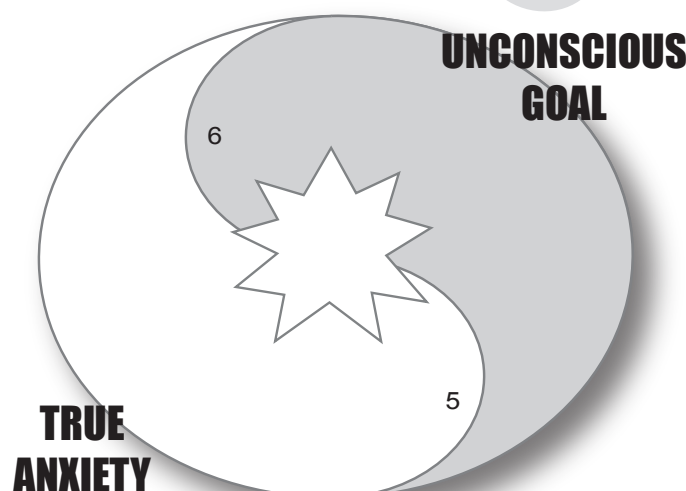
**WHOLESOME CONTRIBUTION**

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