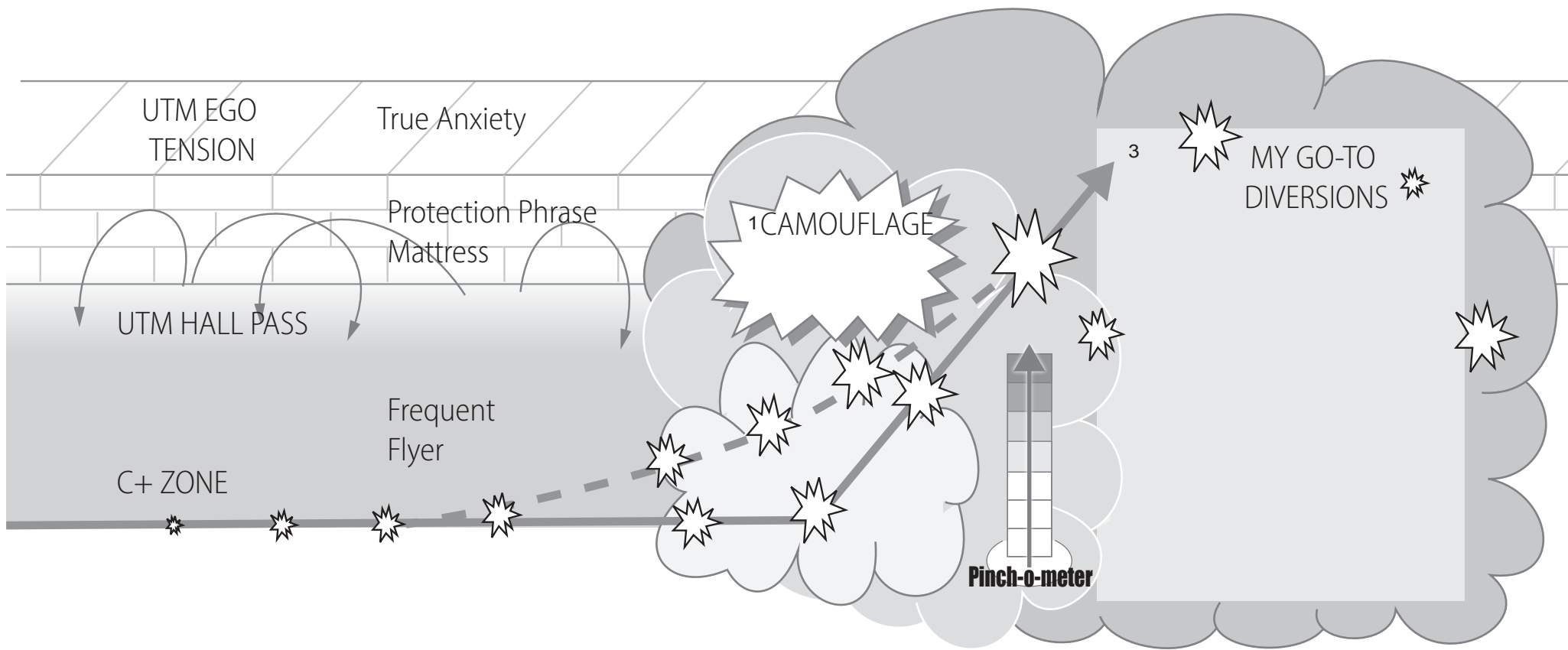


# Diversion ID Card



4 BENEFITS

5 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. I create camps.

**Lack of progress**  
I seem to make no headway. When others try to support me, I become a 'Whack-A-Mole.'

**Vindication Fantasy**  
Often comes in the form of day dreaming about how "they'll see."

## 2 How We Divert (Red Flags)

a. Target, Blame, Make Others Bad  
By Myself | With Others

b. Self-Judgment (Self-Target)

c. Existential Life Crisis

g. Injustices (e.g., "the system's rigged", discrimination, other victimizations)

d. Obsessive Desires

e. "Awfulizing" (Catastrophic Thinking)  
By Myself | With Others

f. Resurfacing Old Wounds / Familiar Rabbit Holes  
By Myself | With Others

h. Projects