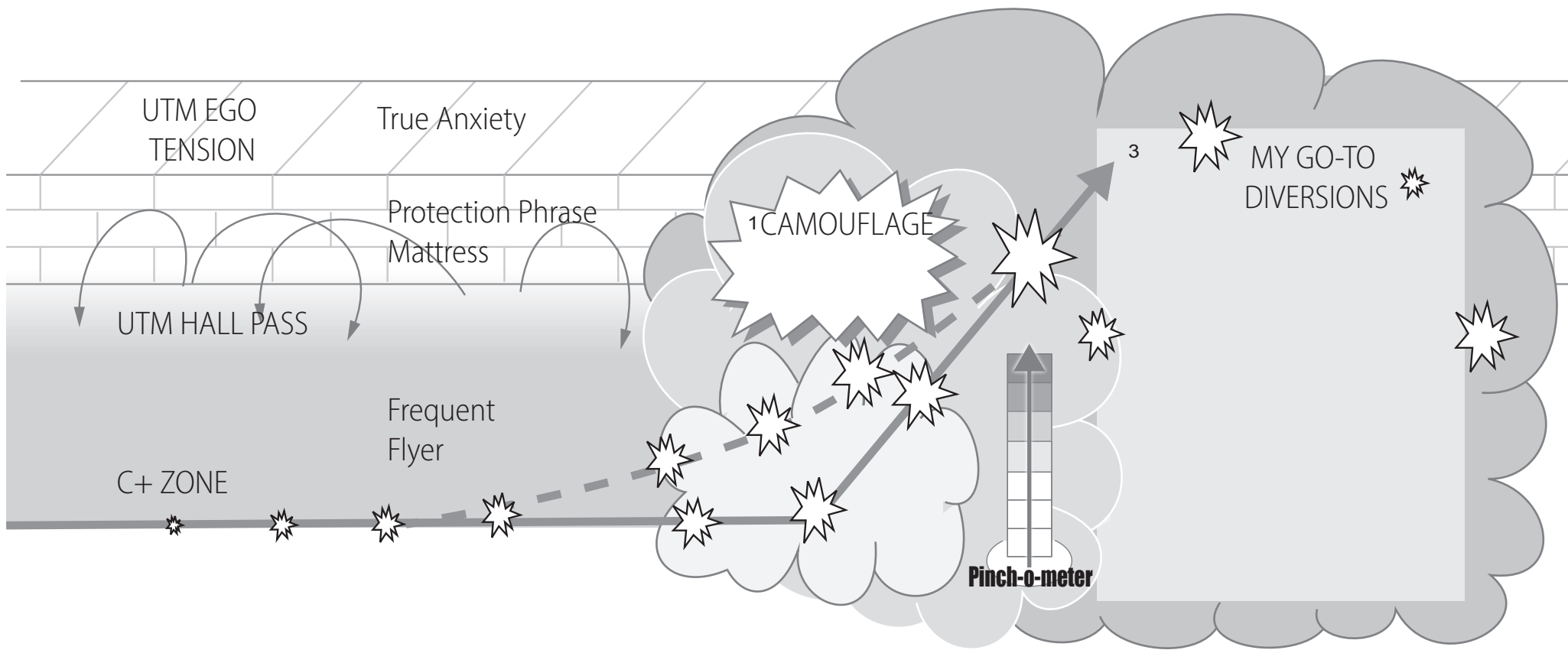


Diversion ID Card



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