

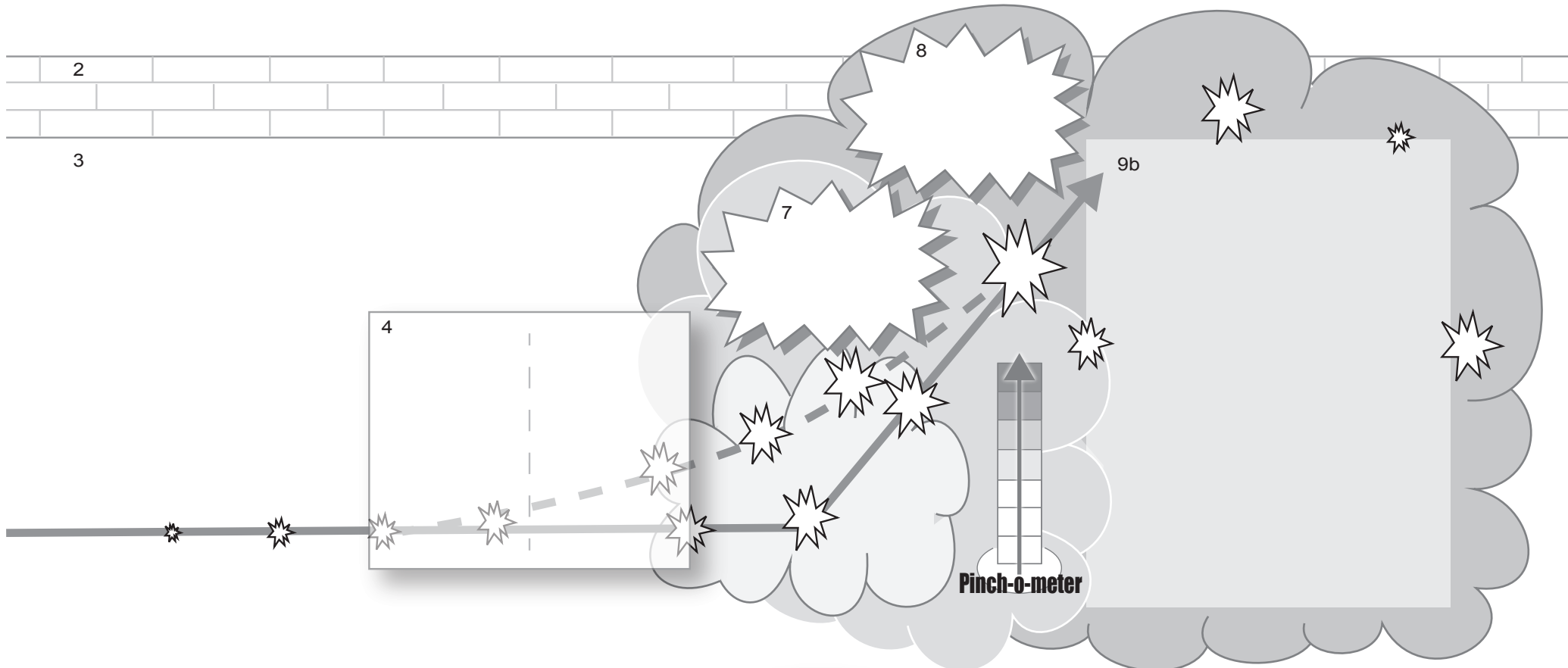
Diversion ID Card



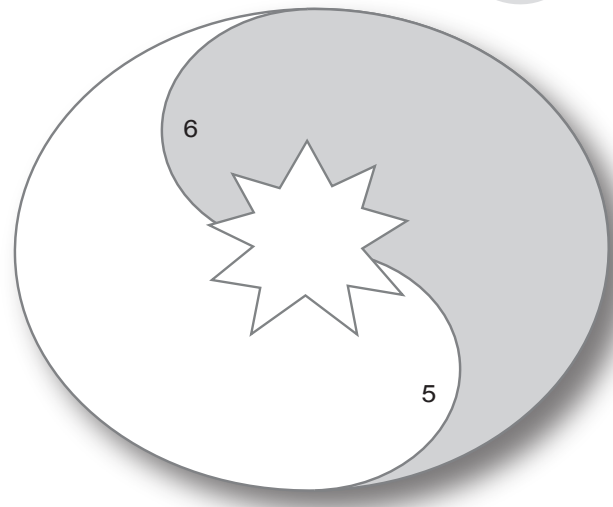
1

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10



11

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

<p>a. Target, Blame, Make Others Bad</p> <table border="0"> <tr> <td style="width: 50%;">By Myself</td> <td style="width: 50%;">With Others</td> </tr> </table> <p>b. Self-Judgment (Self-Target)</p> <p>c. Existential Life Crisis</p> <p>d. Fantasies/Obsessions</p>	By Myself	With Others	<p>e. "Awfulizing" (Catastrophic Thinking)</p> <table border="0"> <tr> <td style="width: 50%;">By Myself</td> <td style="width: 50%;">With Others</td> </tr> </table> <p>f. Resurfacing Old Wounds / Familiar Rabbit Holes</p> <table border="0"> <tr> <td style="width: 50%;">By Myself</td> <td style="width: 50%;">With Others</td> </tr> </table> <p>g. Injustices (e.g., "the system's rigged", discrimination, other victimizations)</p> <p>h. Projects</p>	By Myself	With Others	By Myself	With Others
By Myself	With Others						
By Myself	With Others						
By Myself	With Others						