

Express Pinch - Chart Instructions



You'll need a fresh Express Pinch chart.

Goal of this section: Practice shifting out of a state of reaction in order to regain access to your clearest and most creative thinking.

Venting (Optional) 0 or 2

A. Activating Stimulus 1	-1. Ego Threats / Drivers 2	-2. Reframe 4	-3. Purpose / ATS Goal 5	-4. Potential Actions 6
Δ. Delta between A & -1 3				

***Note:** Fill out the chart by following the numbers highlighted in grey (start with 0 or 1, end with 7).

Use a blank chart (you can [download one here](#)). Or, if you don't have access to an Express Pinch chart, you can just turn a blank piece of paper horizontally (landscape) and create 5 columns (by drawing 4 vertical lines).

You will find detailed chart instructions below. They may feel daunting at first, but do not fear! Instead of sharing general guidelines, we've broken the process down into the smallest possible increments in order to avoid confusion and save time! If you practice this a few times, it will dramatically reduce the time it takes you to unpack a pinch.

Pinch Sorting Detailed Instructions

- Choose a smaller Pinch you would like to unpack. Is your intent to do this process to shift from a reactive state to a creative state? Do you wish to reconnect with your clearest and most creative thinking? If so, continue...
- [Optional] Vent in the gray zone above the chart. This can be the mind chatter you have and/or it can be empathy for what you are experiencing.
- Box A • Activating Stimulus -- Fill in the observable details of your Pinch in Box A
- [Optional] If you feel the need to vent now, you can do so in the chart's top gray box.
- Take a look at what you've listed in Box A
 - Confirm that you are only addressing one stimulus at a time
 - Underline the very specific word, gesture, etc. that was a trigger for your pinch
 - Do a *Camera Check*: Do you notice any beliefs, inferences, assumptions, thoughts or mind chatter that remain in Box A and should be moved to Box B?
- Box -1 • Ego Threats/Drivers
 - List your activated ego drivers. What is the familiar danger for your ego? What does your ego want to prove? (consider your Desired/Dreaded images, your patterns, your Unconscious Goal, or your Driving Idea);
 - You may also want to consider: does a childhood significant event feel connected?
 - *Ask yourself: "Isn't this just my familiar hot button engaging? Do I really want to trust my hot button blindly and continue to create the costs I do not want?"*
 - *Then ask yourself: "Noticing this, am I already feeling less reactive or less deflated? Am I more creative/curious/centered?"*
- Box Δ • Delta -- If you take out the subtext that your ego is adding, how is your Ego Threat (Box -1) different from your Activating Event (Box A)? Be very literal in this step.
 - If you connected this pinch to a Significant Event from your childhood, how is this situation different?
- Box -2 • Reframe -- Having gained some distance from this threat, what fresh perspective can I bring to how I am reading this situation? How can I *reframe* it in a way that gives me the space to experience it in a different way?
 - What elements of the situation might I be missing?
 - What else was expressed that I forgot or disregarded?
 - Without the layer of my ego threats, are there other ways I could interpret what was said?
 - Is there anything in the other person's context or situation that I did not

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- consider, but that could help me reframe?
- Is there a learning opportunity for me here?
- Did I do anything beforehand that contributed to box A?

Note: In many cases, you will realize you have made assumptions and actually don't know what the other person meant or thought. This realization is usually energizing and leads to curiosity. Would you want to ask a question from a genuinely interested space? If yes, you can add this next step to Box -4.

- Check in with yourself: *"Noticing this, am I already feeling less reactive and more creative?"*
- Box -3 • My Purpose -- Which ATS goals help you feel recentered and energized? Which are stronger than your ego's fears? (you can think about Context, Contribution and Learning goals)
- Check in with yourself: *"Noticing this, am I already feeling less reactive and more creative?"*
- Box -4 • Next Steps -- having reconnected to a sense of creativity and curiosity, brainstorm some different responses.
 - Think about what else you could have done at the time of the pinch
 - Think about what you could do now.
If relevant, is there anything I can do to "clean up".
 - See if an option(s) rises to the top for you.