

# Diversions

## 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..."

## How We Divert (Red Flags)

a. Target, Blame, Make Others Bad

By Myself

With Others

b. Self-Judgment (Self-Target)

c. Existential Life Crisis

d. Moral High Ground & Injustices

e. Obsessive Desires

f. "Awfulizing" (Catastrophic Thinking)

By Myself

With Others

g. Resurfacing Old Wounds / Familiar Rabbit Holes

By Myself

With Others

h. Projects / Crises

# Diversion ID Card

What matters to me.  
What I want to create.

Purpose/  
Elan

2  
WHERE AM I CHALLENGED?

10  
NEXT UNCOMFORTABLE ACTION

Learning Frontier

