

ID Card

Notice Red Flags *(Sharp pinch • Small tremor • Muted sensation)*

Pinch
Physiological Sensations *The physical and emotional cues that inform me that I'm switching into a reactive state*

Pattern
Reactions (4) *The counter-productive behaviors (CPBs) that I automatically and recurrently fall into*

Egosystem
Alert Mode (6) *My protective reactions when I fear my Driving Idea is about to happen*

Alternative Power (11) *How I maintain control and power when my Unconscious Goal is threatened*

May Day (12) *My most desperate and destructive behaviors when my Egosystem is strongly triggered*

Preemptive Phrase (11) *What I say to myself and others to lower expectations and the pain of any failure*

Mattress Prep (14) *My reactive behaviors when in my Pre-emptive phrase, Camouflage, and Performance fears.*

Mattress
Mattress Phrase (8) *The automatic excuse or blame I use to soften the blow of under-performance*

Treadmill Mode (7c) *My default daily behaviors when I'm running to 'close the gap' (my proving treadmill)*

Camouflage (12) *My 'fatal flaw' belief about myself that holds me back, while giving me an excuse*

Ego Drivers *(Familiar fears and impulse to prove that stem from old pains)*

Desired/Dreaded Images *The images I want to promote and protect with others*

Anxieties (3) *The familiar, charged dangers that I feel today, and stem from my childhood*

Driving Idea (5) *They will....*
My ever-present fear of how others will hurt me. I'm constantly wary of...

Unconscious Goal (10) *How I want to prove to myself and others that I am (the most) worthy*

True Anxiety (13) *My darkest place of self-judgment and powerlessness when I experience failure*

See Costs *(in continuing to engage this way)*

Open my box *(Delta with reality + Reframe)*

Connect to ATS Purpose *(Goto ATS Goals = Context, Contribution, Learning)*

Practice

- (GoTo ATS Practices =*
- Sort Pinches
 - TIRP
 - ABC-Q
 - Defining stronger ATS Purpose and Practices
 - Journaling to get to any of the above

At any point *(especially if lost or overwhelmed)*

Never Again	----->	Noble Goal
What I commit to stopping in my own behavior, no matter what		The overarching purpose I want to offer the world