

Detouring Around and Lifestyle Conclusions

Detouring Around: Diverting attention to less significant concerns, and expending an extraordinary amount of energy on matters of secondary importance to central problems and challenges

“Felt” minus

“Perceived” plus

I am

I am

Others are

Others are

Events are

Events are

Life is

Life is

Clark, A.J. (2000). Safeguarding tendencies: Implications for the counseling process. *The Journal of Individual Psychology, 56*(2), 192-204.

Clark, A. J. (2002). *Early recollections: Theory and practice in counseling and psychotherapy*. New York, NY: Brunner-Routledge.