

## Instructions on filling the PDR chart

Field	Description
Date	The date on which the incident/mistake occurred
Incident/Mistake	A description of the mistake. Be specific and write it objectively.
Action/Reaction	Was it an action level mistake, was it a reaction in the mind, or both?
Severity/Duration	What was the severity? This field varies as per what is chosen in the prior column i.e., action, reaction or both.
Who noticed	If other people notice my mistakes more often and I am unable to notice then I am lacking in objective observation of myself?
PD/EGO	Is this a personality defect or ego manifestation? Ego points are somethings that are more deep rooted.
Defect1	What was the root cause behind the mistake? There may be 1 or more contributing defects, so write down up to 3 defects for the mistake. What can be chosen here depends on whether it is a Ego point or PD that manifested (as per what is chosen in the prior PD/Ego column).
Defect2	
Defect3	
What type of AS	This is for your clarity to understand which type of autosuggestion (AS) type you are using based on whether it was an Action, Reaction etc.
Autosuggestion/Correct Perspective	This is the actual autosuggestion
Action level solutions	Quick action level solutions are a great reminder on what to do when one sees the situation recur.
Have you noticed progress?	Have you noticed any progress as compared to how you reacted in the same situation before? It is important to review and note changes, as these also act as a positive feedback to your mind.

**Ideally all fields need to be filled for every mistake. However if you are running short on time, the fields in yellow must be filled.**