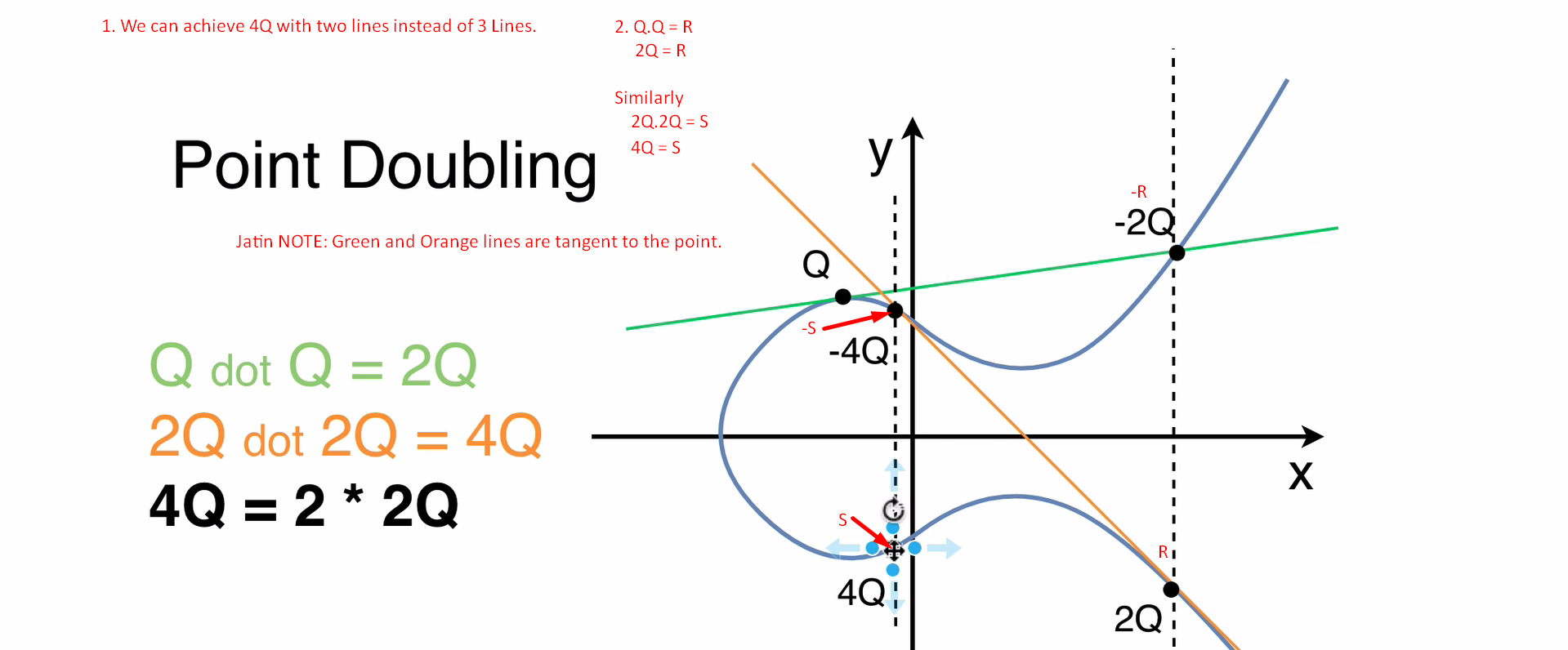
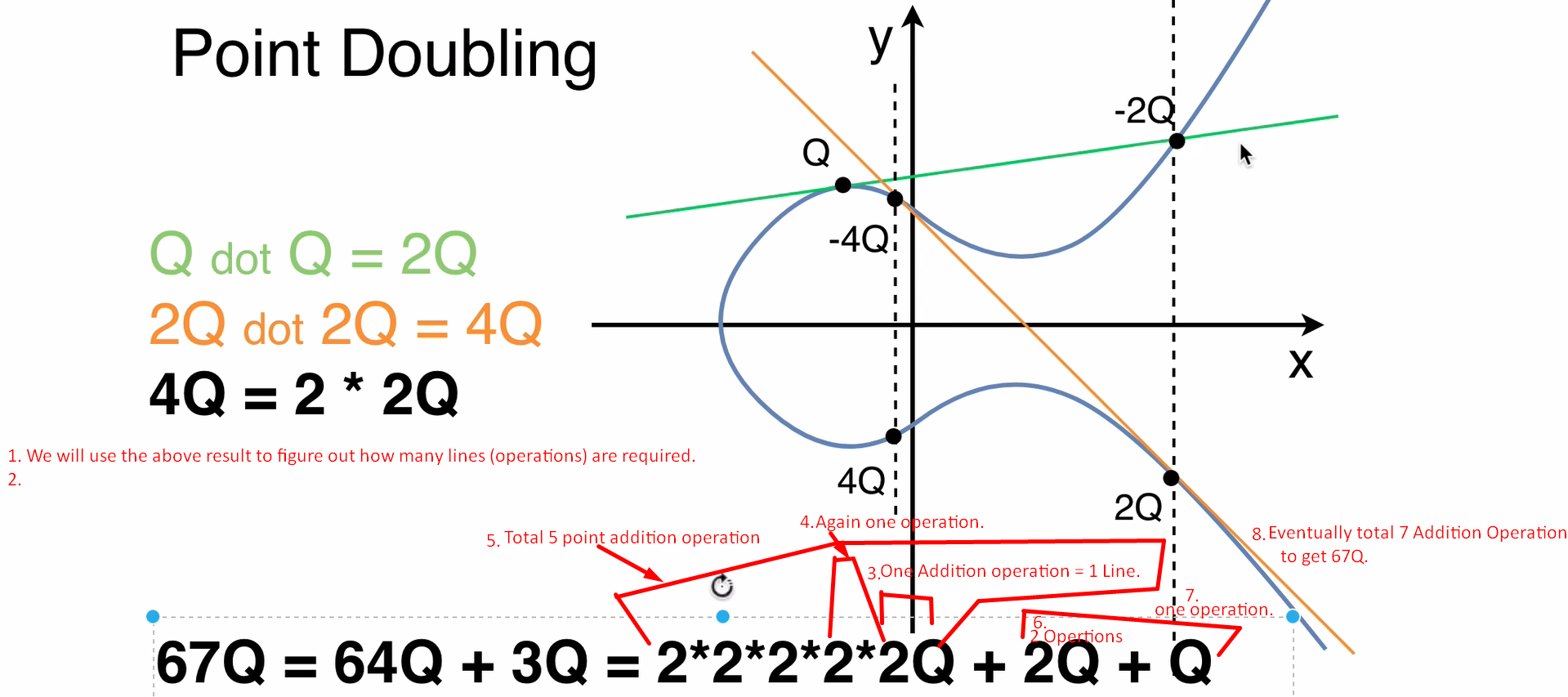
1. The cycle you described happens because of the **Dunning-Kruger Effect.**
2. This can lead to what’s called the **plateau effect**, where we stop challenging ourselves and fail to reach **deep expertise**.
3. You need to **stay in the Stretch Zone**, where you feel **challenged** but not **overwhelmed**.
4. 
5. In the following snapshot, we are using Point Doubling and Point Addition (Scalar Addition) concept and operation.
6. 
7. 