

Love/Like Yourself!

This will feed the positive Ego

- Love / like the part of you that loves some people either alive or who have sadly died.
- Love/ like the part of you that has created and managed relationships either easy or challenging.
- Love / like the part of yourself that loves or likes animals.
- Love / like the material and practical things you have created.
- Love / like the experiences you have gone through either good or bad it's something that you have accomplished and dealt with whatever the outcome.

LOVE /LIKE THE PART OF YOU THAT CREATES LOVE. REFLECT IT BACK TO YOURSELF IN SELF TALK. ALSO WHEN GENERALISING TO STAY IN COMFORTABLE FLOW.

If you can't love and like yourself now because of the way you're subconscious mind is feeding the negative ego, try to reroute this perception by rephrasing the thought to May I learn to love and like myself?

When you love and like yourself

(Flaws and all as none of us are considered perfect to everyone)

this will create good vibes and spread out to all those around you in a positive way.

It also helps keep some negative self talk at bay.

Constantly remind yourself of this phrase even when you feel ok.

I LOVE WHO I AM

(Not in the context you're better than anyone else but at least equal)

Use this phrase at the start of your self talk when either using the flow technique or realising you're starting to feed the negative ego. It's a good base to start when bringing the negative ego back in control.

Whatever you've done or what life has done to you whether it's good bad or indifferent recognise you have experienced a range of emotions attached to those situations, so why carry on feeding the negative ego from those mind shadow memories from the past as they can't be changed. They're parts of your life so why feed the negative ego and carry on judging it, or holding onto it for the rest of your life? In your now what you did probably appeared to be right at the time whatever the consequence.

Letting go and feeling less emotional pain

Dont feed the negative Ego

Let go of frustration with yourself / your life, accept and love who you are.

Let go of mind shadows, remind yourself you have already experienced a range of emotions attached to them and they are memories not the now.

Change your perception. leave the past in the past where it belongs as it can't be changed. Look at things holistically
Don't buy into things you can't change such as people.

Replace your emotional thoughts with facts so you can reflect constructively.

Visualise a box in your head labelled “Expectations” when you start dwelling on how things should be or should have been, mentally shelve the thoughts in this box.

Engage in a physical activity. Exercise decreases stress hormones and increases endorphins, chemicals that improve your state of mind.

Focus all your energy on something you can actually control instead of dwelling on things you can't.

Let go of anger and bitterness

Remind yourself that anger hurts you more than the person who upset you. And visualise it melting away as an act of kindness to yourself.

Take responsibility. Many times when you're angry you focus on what someone else did that was wrong which essentially gives away your power. When you focus on what you could have done differently you often feel empowered and less bitter. (See it for what it is and try to put yourself in the offender's shoes. We all make mistakes and remember people may be on a different wavelength to you or have different values.

Compassion dissolves anger

Use the silly voice technique.

Swap the voice in your head with a cartoon voice this will help take power back from the troubling thought.

Let go of stress

Use a deep breathing technique to soothe yourself into the present moment. (mindfulness)

Imagine your life 10 years from now then 20 and then 30. Realise many of the things you are worrying about don't really matter in the grand scheme of things.

Be aware of how subtle the negative ego can be and is.

Be aware the ego can also feed on a feeling such as a low mood as well as situations etc.

Part of managing it is to recognise it as soon as it starts. Tell yourself this is my negative ego kicking in.

It will help to refer to **THE EGO PART OF OUR MIND** handout that you now have.

Recognise you are not alone.

Understand how your negative mind works be aware of the ego in regard to buying into things.

Master the use of your positive mind, remember the ego is subtle, and be aware of mind shadows created in the negative mind.

Know what you can control and let go of what you can't.

Sing and listen to music you like

**This feeds the positive ego and can help
you stay out of a negative ego loop.**