

THE EGO PART OF OUR MIND

- Be aware of the negative ego part of your mind. It wants to know it's alive so it can make you feel a range of emotions like Sadness, depression, suicidal, anxious, angry, frightened, low self esteem, confidence problems, out of control and so on.
- The ego part of your mind can also be positive when good things happen for example it can make you feel happy, confident, content and on cloud nine. However usually you will only want to try and manage the negative ego.

It is possible with perseverance for you to manage the negative ego rather than it managing you. At times you may need to be assertive with your negative ego.

Keep your thoughts and self talk real with facts only. The ego can start you on a story or stories in your mind, and may keep going round and round in your head like being on a continuous loop.

Some ways to feed the negative Ego include

- Some Situations
- Assumptions
- Predictions
- Harsh judgements
- Some things from the past.
- Jealousy

If you want to feed the negative ego be aware of what you're doing and its possible consequence. If you don't want to feed the negative ego try telling yourself assertively to stop doing it. The next session will include a flow technique designed to manage the negative ego.

IT MAY HELP TO ASK YOURSELF SOME QUESTIONS OR THINK SOME UP SUCH AS:

Is it worth me giving this mind energy and buying into this?

How much mind energy do I want to give this?

Will it solve anything if I give it negative thoughts?

Who can I discuss this with constructively?

Do I want to give myself emotional pain?

What actions may I take?

Do I need to change or do something?

Is it out of my control?

Does it really matter?

Do I need to look at this in a different way?

What is the worst scenario and how can that be managed?

What help or support could I get?

Whatever questions you ask yourself eventually everything will have a conclusion whatever mind energy you give it.

**If the negative ego starts to affect you
try Practicing the art of living and
thinking in your now!!**

The present moment and its reality.

Not in the past or future.

**You know the past can't be changed
so you have to accept and live with it.**

**The future usually can't be accurately
predicted.**

Be aware of your mind's shadows!

- Remember they are memories created from your past. Some traumatic and some less so.
- Note: they are not the here and now.
- In your mind shine light on the shadow so you can see it for what it is, and realise you're usually safe in your here and now.
- Can you identify its creation from the past?

Sometimes mind shadows can cause (TRAUMA BONDING)

This becomes the normal default setting in your mind that keeps feeding the negative ego. It's more likely to develop a trauma bond if what affects you has been going on for sometime.

Remember

A Negative down Feeling is a sensation

Don't label the sensation or attach a story to it from thought this will feed the negative ego.

Don't resist the sensation let your consciousness experience it even though it maybe unpleasant.

This technique bit by bit will make the ego loosen its grip on the experience and therefore decrease the initial intense affect. Soon the affect will become less unpleasant as you confront it.

AUTOMATIC THOUGHTS

- Recognise and deal with negative Automatic thoughts immediately
- Tell yourself this is an automatic thought, and don't start putting together a story.
- Don't start making judgements.

This feeds the negative ego and can lead to emotional pain.

- You may need to challenge your perception in regard to a prejudice to stop the negative ego latching onto the thought.
- Remember you're not going to change someone so why give yourself emotional pain for their actions?

Negative automatic thoughts are usually generated in the subconscious mind. Consciously note they are not the here and now: and are you making assumptions?

With all negative automatic thoughts whether from memory or a situation you're now in ask yourself:

Who thinks that?

Who says that?

Who wants that?

Why?

IF applicable ...What are you protecting?

You will then realise that all negative turmoil is within you and you're creating it and feeding the negative ego with it.

IN YOUR NOW YOU MAY FEEL EMOTION

But it's where you go with it in regard to letting it attach to the negative ego.

If you want to minimise or stop it latching onto the ego remember the following:

- Facts only and don't put a story together or add bits on.
- Don't make assumptions.
- Don't make predictions.
- Don't make harsh judgements.
- Is it a memory from a mind shadow in the past?
- I love who I am
- Plan rather than react.

Emotion can come in waves such as feeling tearful, anxious and so on.

Sometimes if you're strongly attached to a person or animal that has sadly died the emotion will be caused by grief which goes hand in hand with the journey of dealing with that loss. Remember it's ok to grieve.

There's nothing wrong with crying in your now whatever the situation.

It may help if in your mind's eye you envisage the feeling of depression as an object such as a black ball.

This technique may help give the depressed feeling a structured reality as our brains tend to decipher images easier than certain feelings.

Create endorphins the feel good chemical produced by our brain by engaging in regular exercise and having a good diet. Over time this will help you with the feel good factor.

Keep your thoughts and self talk real. Ask yourself does it really matter? And see it for what it is.

Your depression will go when it's ready. Remember you can only go through it not round it. If your depression is caused by you reacting to something!! When you master the management of your negative ego it should stop you going into a deep depression in the future.