



Ego Behaviours vs Awareness Behaviours

Ego Centred Behaviours

- An urge to judge - this can be judgment of others or yourself
- A desire to be right - wanting to win arguments, regardless of the damage it may do to a relationship
- Fear of the unknown - the assumption that uncertainty = something bad
- Attachment to an identity - 'I've always been the good girl'
- Feeling insecure when verbally attacked - you question whether the attacker is right
- Feelings of superiority or inferiority - making another person wrong is a poor man's version of self-worth
- Tendency to never let go or surrender - holding onto people & things that aren't good for you

Awareness Centred Behaviours

- Patience to observe - without feeling the need to have an opinion or make a decision
- Desire to understand - recognising that everyone's behaviour makes sense to them, regardless of whether it makes sense to anyone else
- Trusting your intuition
- Letting go of identities that don't serve you
- Finding emotional self-reliance - not looking to others to regulate your emotions
- Calm & unattached in the face of being verbally attacked - recognising that it's not about you, it's a reflection of the other person
- Rooted in compassion & fairness - a deep empathy for others
- Creating space instead of trying to control & force outcomes - around relationships, jobs,

friendships

The ego is not your enemy, it's your teacher. The more you observe this teacher, the more you learn about yourself. If you try to destroy your ego, it becomes stronger. The only way is to work with your ego to make it feels seen, heard & held.

- As you do that, the ego becomes aware of itself & it ends the behaviours that cause it suffering.