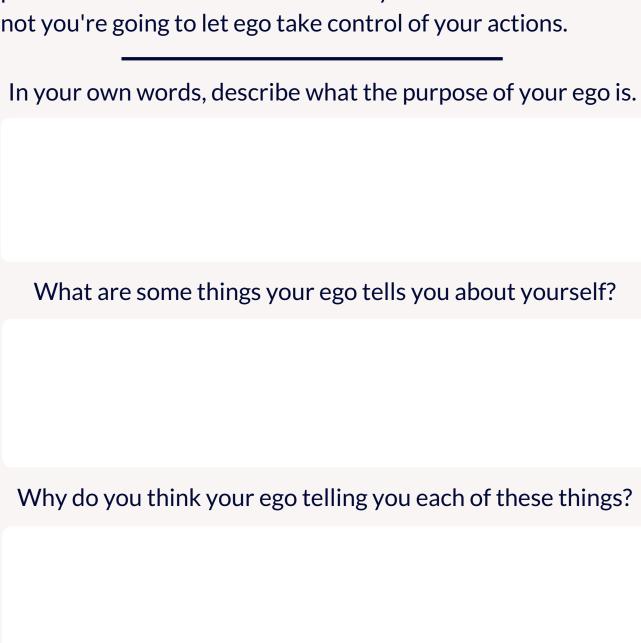


## Is That Your Ego Talking? How to Know

This worksheet will help you recognize when your ego is talking to you so you can bring awareness to your behavior patterns. This awareness will allow you to choose whether or not you're going to let ego take control of your actions.

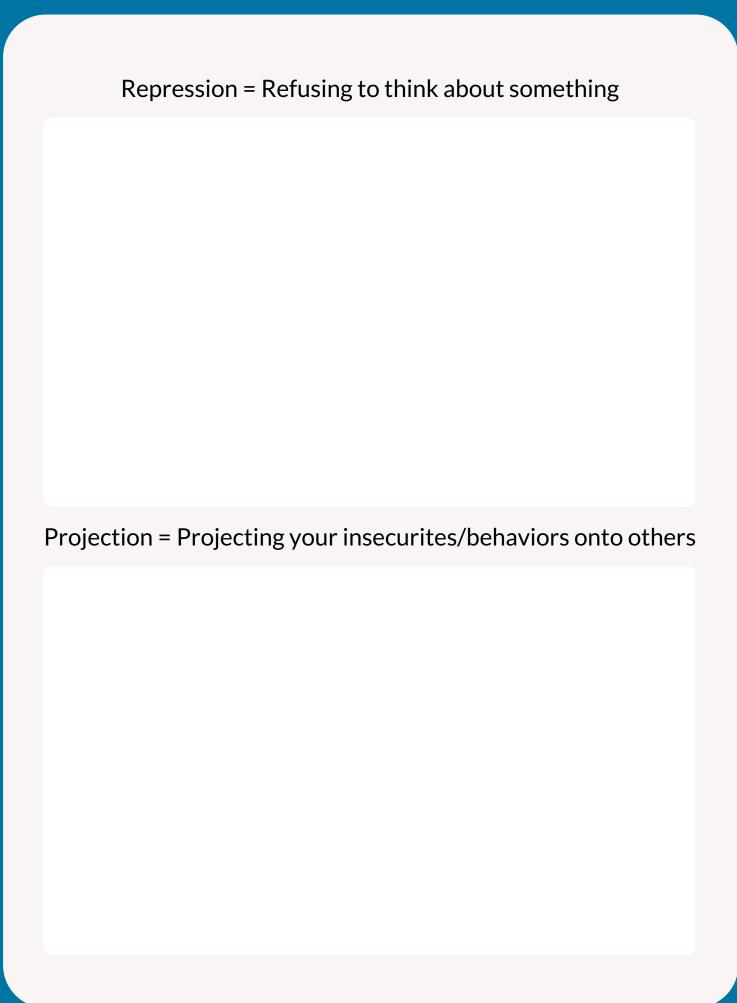


## Now, Let's Get Into Each of the Defense Mechanisms (DM)

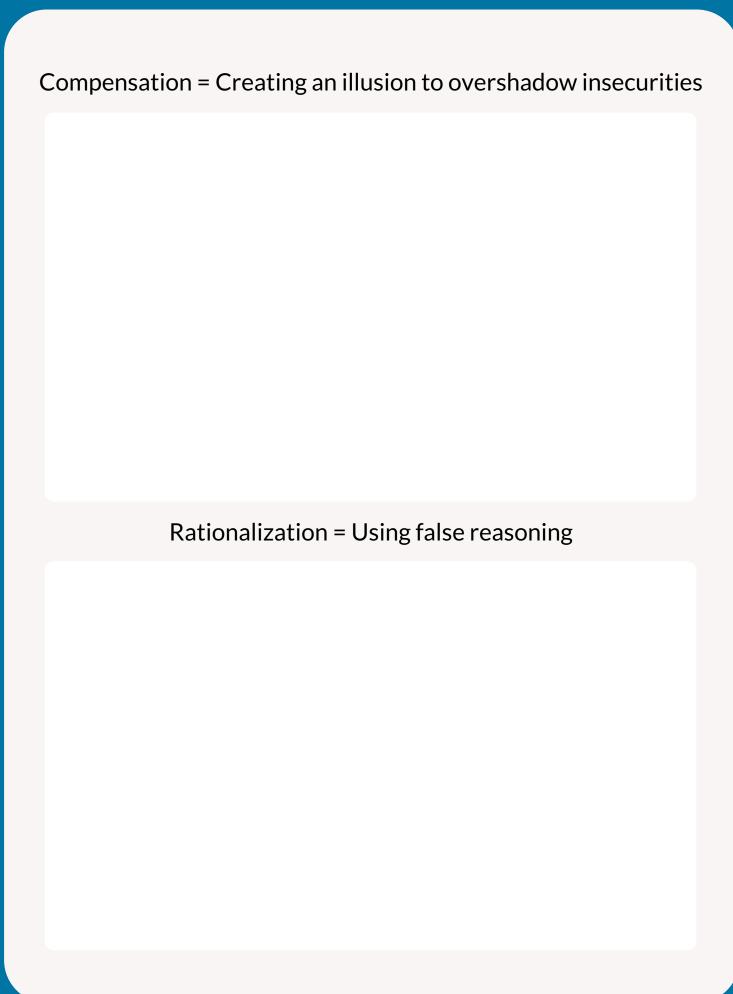
For each one, describe:

- An action you took because this DM kicked in.
- Why you think the DM kicked in at that time. What was it trying to protect you from?
- What the result of using this DM was. Did it actually protect you in the long-run?

Denial = Refusing to accept the truth







Displacement = Transferring behaviors to an unrelated target
Sublimation = Redirect harmful energy to productive activities
Subilifiation – Redirect narminarenergy to productive activities

Which 3 DM's do you seem to exhibit the most?
What actions will you take to change course when you notice these DM's kicking in? To balance the scales of control with your ego. ☺
Reach out if I can offer any other inspiration, advice, or encouragement.  amanda@theexpectationgaps.com
If you found this worksheet to be a valuable resource, please consider supporting us for as little as \$1 by "buying me a coffee" on Ko-Fi:

https://ko-fi.com/theexpectationgaps

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