



## Is That Your Ego Talking? How to Know

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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.

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In your own words, describe what the purpose of your ego is.

What are some things your ego tells you about yourself?

Why do you think your ego telling you each of these things?

## 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

Repression = Refusing to think about something



Projection = Projecting your insecurities/behaviors onto others



Reaction formation = Over-the-top, contrary reaction

Regression = Regressing in expressing emotions/coping skills

Compensation = Creating an illusion to overshadow insecurities



Rationalization = Using false reasoning



Displacement = Transferring behaviors to an unrelated target



Sublimation = Redirect harmful energy 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.

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