



# EGO-AWARENESS & UNDERSTANDING

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## TOPICS TO BE COVERED

- Understanding The Meaning Of The Word Ego
- Characteristics Of Positive And Negative Ego
- The Benefits Of A Positive Ego
- Triggers Of Negative Ego Behaviours
- Barriers To Letting Go Of Negative Ego Behaviours
- Techniques For Cultivating A Positive Ego
- Closing Inspiration

# UNDERSTANDING THE MEANING OF EGO

- The “I”, the “Self”, the thinking and feeling you is the ego.
- Ego is what gives us conscious awareness of ourselves and the world that is external to us.

# CHARACTERISTICS OF POSITIVE EGO

- Gives us the ability to:
  - be self-aware,
  - grow and evolve,
  - aspire to achieve goals,
  - turn ideas into action,
  - be creative, and
  - protect ourselves from danger.

## CHARACTERISTICS OF NEGATIVE EGO

- An exaggerated sense of our self-importance.
- A feeling of superiority or inferiority to others.

# BENEFITS OF POSITIVE EGO

1. Reducing anxiety and stress.
2. Time and energy channelled into the activities/tasks at hand.
3. An opportunity for self-confidence to grow.

# TRIGGERS OF NEGATIVE EGO BEHAVIOUR

- What causes our ego to sometimes behave negatively?  
Some triggers include:
  - Lack of confidence.
  - Low self-esteem
  - Force of habit
  - Feeling threatened/fear
  - Pride
  - Want to come across as self-assured
  - Seeking to exert power and control over others
  - Self-inflated view
  - Feeling insecure about one's value at work/in one's personal life.

# BARRIERS TO LETTING GO OF NEGATIVE EGO BEHAVIOURS

- What gets in the way of interacting in positive ego ways— i.e., what hold you back?



# TECHNIQUES TO FOSTER POSITIVE EGO

## SELF-TALK AND SELF-CONTROL

- Taming negative ego responses begins with reminding yourself that, “everything is not always about you”!
- Begin your day with an affirmation that you can also repeat to yourself in the midst of a stressful situation. E.G. you might repeat to yourself something like:
  - I will listen and respond objectively;
  - I will seek clarification in each situation before I respond;
  - I will focus on communicating the behaviour I expect from others rather than lashing out; or
  - I will not get hooked into other people’s negative behaviour.

# TECHNIQUES TO FOSTER POSITIVE EGO

## SELF-TALK AND SELF-CONTROL

- Practice mindfulness meditation with the intention to interact positively with others.
- Even if five or ten minutes of a lunch/coffee break are devoted to such a meditation it will, over time re-educate the ego!

## SELF-STUDY AND TRAINING

- Pursue self-study on ego behaviour.
- Seek training on how to listen and respond to others without reacting impetuously from a place of your personal triggers – i.e. responding without aggression, quick temperedness, etc.

# TECHNIQUES TO FOSTER POSITIVE EGO

## FOCUS ON OUTCOMES

- Before you say or do something, ask yourself, what do I want to happen as a result of my words or behaviour. i.e., What outcome and impact am I seeking?

## FIND A MENTOR/COACH

- Model your behaviour on someone who you think is doing a good job of keeping their ego positive.
- Find someone you trust who is willing to be a coach to you by giving you periodic feedback.

## CLOSING INSPIRATION

- Where are you without Ego?
- Can you experience your five senses without an Ego form?
- Can you create, exercise your Will, take the journey of being alive on the earth plane without an Ego?
- Can you experiment, observe, learn, grow, change and evolve without an Ego?
- Right here, right now, this moment, who is it that sits in the chair you occupy?