

## Breaking the Vicious Cycle Worksheet

What current negative belief am I experiencing about myself as a result of a choice I made or an experience I had? What feelings (guilt, doubt, blame, hopeless, anxious, angry, righteous) are associated with that belief? (Remember: we are only focusing on how we treat ourselves right now, not others)

Which one of the 3 Roles of the Ego is at the forefront? Sometimes it can be more than one (Judge - guilt, fear, doubt, anxious, blame; Child - disempowerment, hopelessness, and helplessness, “the poor me”; Instigator - anger, righteousness, and justification)

What was the original goal of the Judge, Child or Instigator? (Remember: the intent is always a good one. The judge tends to try to motivate you to do something, the child often tries to help you avoid emotional hurt or pain, and the instigator often tries to stand up for itself and/or feel better)

Spiritual Power Tools Series – *How to Dismantle the Ego... For Good!*

What resulting negative experiences take place as a result of the Ego taking on this role and how does it affect my life and the lives of those I love? (ex. get tired and cranky, can't focus, overeat, watch too much tv, yell at my kids)

How effective are the Judge, Child and Instigator in accomplishing their goals in a healthy, long-term, loving, productive way?

Coming from the view of your Authentic Self, how can you successfully accomplish the original, positive goal of the Judge, Child or Instigator in a healthy, loving, productive way? (Reminder of Authentic Self traits: solution oriented, compassionate, confident, optimistic, focuses on what is possible, unconditionally loving, chooses healthy solutions that have long term benefit)