

SESSION 7

The Ego

O U T L I N E

This Presentation

- 1. THE SELF AS STORY**
- 2. BUILDING THE EGO**
- 3. EXPRESSION OF THE EGO**
- 4. BEYOND THE EGO**

1.

THE SELF

as Story



1 . T H E S E L F A S S T O R Y

Exercise

TRY TO EXPLAIN WHO YOU ARE TO YOUR NEIGHBOR. YOU HAVE ABOUT TWO MINUTES TO TELL THE OTHER THE MOST IMPORTANT THINGS THERE ARE TO KNOW ABOUT YOU.

1 . T H E S E L F A S S T O R Y

Exercise

I'M JOHN, 24 YEARS OLD

I HAVE A NICE HOUSE IN
DENVER

I'M A MANAGER

I AM GOOD AT SPORTS

I AM EXTRAVERT

I LIKE WATCHING FOOTBALL

1 . T H E S E L F A S S T O R Y

Exercise



Do these answers truly say something about who we are?



1 . T H E S E L F A S S T O R Y

The Ego



The ego is a mental construct of our “self”.



1 . T H E S E L F A S S T O R Y

Ego

THE EGO IS:

- A MENTAL CONSTRUCTION
- A STORY WE CONSTRUCT TO DEFINE WHO WE ARE
- WHO WE BELIEVE ARE

1 . T H E S E L F A S S T O R Y

Ego

PSYCHOLOGICAL SYNONYMS:

- **CONCEPTUALIZED SELF**
- **NARRATIVE IDENTITY**
- **CONSTRUCTIVIST APPROACH OF THE SELF**

1 . T H E S E L F A S S T O R Y

A story about “me”

A DAILY STREAM OF INTERNAL CHATTER ABOUT OUR EXPERIENCES:

- **“I’M NOT GOOD AT MATH.”**
- **“I AM SMART.”**
- **“MY FRECKLES MAKE ME UGLY.”**
- **“NOBODY LIKES ME.”**
- **“I AM BETTER THAN YOU.”**

1 . T H E S E L F A S S T O R Y

A story about “me”

A) WE FORMULATE OUR OWN LIFE HISTORY:

- **WHEN I WAS 6, X HAPPENED**
- **BECAUSE X HAPPENED, I BECAME Y**
- **I ACTED BECAUSE I AM...**

1 . T H E S E L F A S S T O R Y

A story about “me”

B) WE DEFINE OUR DOMINANT ATTRIBUTES

➤ **I AM A PERSON WHO...**

➤ **COMPARED TO OTHERS I AM...**

1 . T H E S E L F A S S T O R Y

A story about “me”

C) EVALUATE OUR DOMINANT ATTRIBUTES

➤ I DON'T LIKE ABOUT MYSELF THAT I AM...

➤ COMPARED TO OTHERS I AM...

1 . T H E S E L F A S S T O R Y

A story about “me”

D) CONSTRUCT CAUSE AND EFFECT RELATIONS

➤ THIS HAPPENED BECAUSE I AM...

➤ BECAUSE I DID X, Y HAPPENED

1 . T H E S E L F A S S T O R Y

Exercise

LET'S CONSIDER THE PERSONAL ATTRIBUTE "INTELLIGENCE". RAISE YOUR HAND IF YOU BELIEVE THAT IN ORDER TO CALL YOURSELF "INTELLIGENT" IS IT CRUCIAL TO BE:

MATHEMATICALLY SKILLED?

- MATHEMATICALLY SKILLED?**
- VERBALLY PROFICIENT?**
- CREATIVE?**

1 . T H E S E L F A S S T O R Y

Exercise



For many traits, such as intelligence, maturity and idealism it is difficult to pin down which habits, characteristics, actions, and achievements best reflect them.



1 . T H E S E L F A S S T O R Y

Exercise

IMAGINE YOU WOULD BE THE ONLY PERSON ON THIS PLANET IN THE UNIVERSE.

- ARE YOU TALL?**
- ARE YOU SMART?**
- ARE YOU HANDSOME/PRETTY?**

1 . T H E S E L F A S S T O R Y

Exercise



Nothing is absolute. Everything exists in relation to something else. It is based on the comparisons we make and the way we interpret things and events.



2.

BUILDING

the Ego



2 . B U I L D I N G T H E E G O

Identification



The main process that is responsible for the construction of our “self” is identification.



2 . B U I L D I N G T H E E G O

Identification

- **IDENTIFICATION = MAKING THE SAME**
- **LATIN "IDEM" = "SAME" , "FACERE"= "MAKE"**
- **IDENTIFY WITH SOMETHING = MAKING IT THE SAME AS ME**
- **YOU PERCEIVE IT AS AN INSEPARABLE PART OF YOURSELF**
- **A CREATION OF YOUR MIND/RATIO**

2 . B U I L D I N G T H E E G O

Identification Examples

POSSESSIONS

I AM RICH

I WEAR
DESIGNER
CLOTHES

I DRIVE A BIG
CAR

2 . B U I L D I N G T H E E G O

Identification Examples

ACHIEVEMENTS

I GOT
PROMOTED

I RAN THE
FASTEST

I CREATED A
SUCCESSFUL
BUSINESS

2 . B U I L D I N G T H E E G O

Identification Examples

JOB

I AM A DOCTOR

I AM A
MANAGER

I AM A SOCIAL
WORKER

2 . B U I L D I N G T H E E G O

Identification Examples

BELIEFS

I KNOW A LOT

**I AM NOT
SOMEBODY
TO MESS
WITH**

**I AM NOT
GOOD AT
CONVINCING
PEOPLE**

2 . B U I L D I N G T H E E G O

Identification Examples

APPEARANCE

I LOOK GOOD

I AM UGLY

I AM
ATTRACTIVE

2 . B U I L D I N G T H E E G O

Identification

- **ARE HIGHLY PERSONAL**
- **THEY CAN CHANGE DURING LIFE**
- **THEY CAN BE POSITIVE AND NEGATIVE**

2 . B U I L D I N G T H E E G O

A Metaphor

CAR

JOB TITLE

APPEARANCE



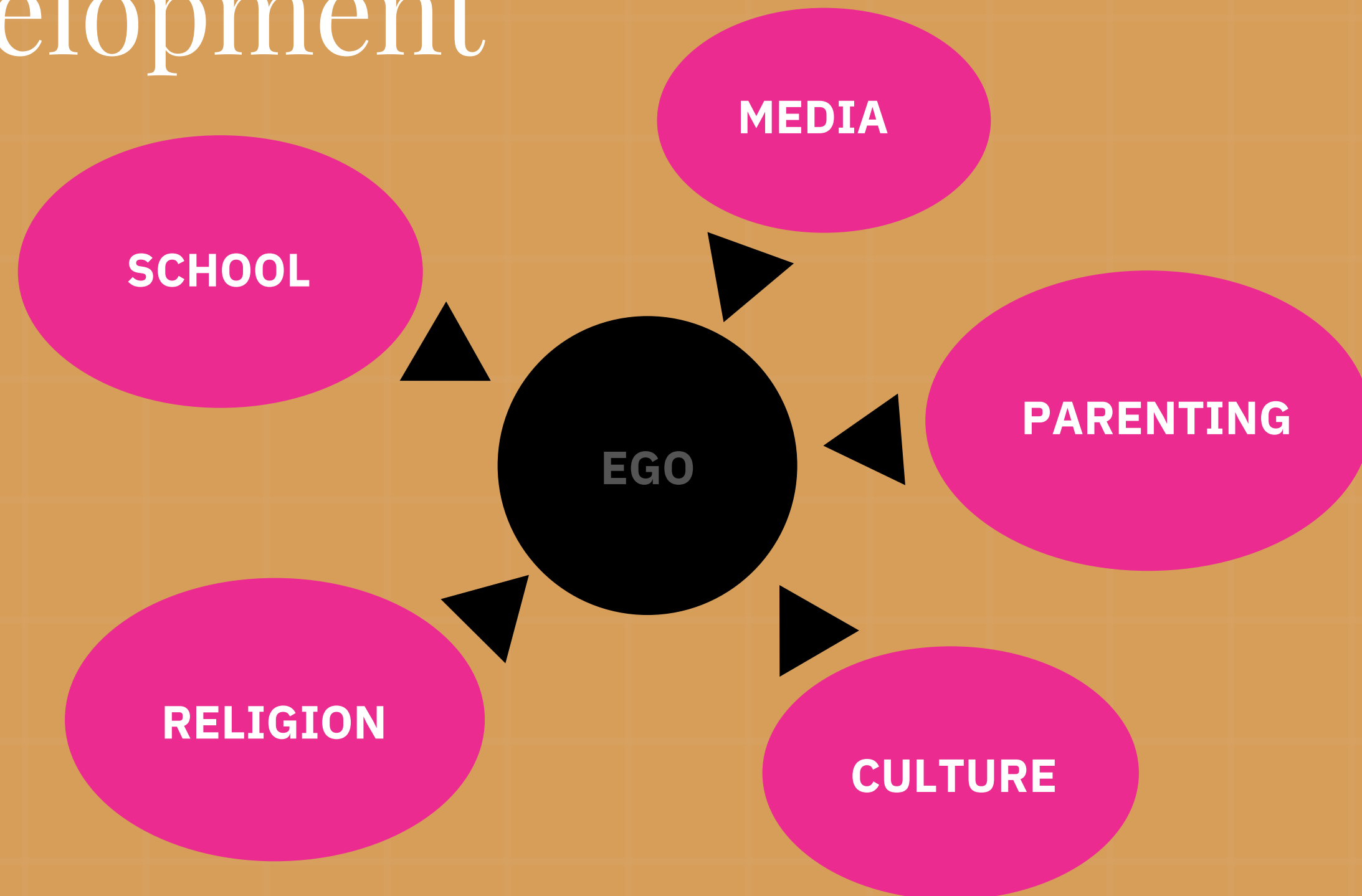
2 . B U I L D I N G T H E E G O

A Metaphor



1. THE INNER CRITIC

Ego Development



3 . E X P R E S S I O N O F T H E E G O

Culture

PROVIDING STANDARDS:

- HABITS (FOOD, MUSIC, SOCIAL INTERACTION, ETC.)
- STANDARD OR NORMS FOR “NORMAL”
- STANDARD OR NORMS FOR “MORAL BEHAVIOR”

3 . E X P R E S S I O N O F T H E E G O

Parenting

PROVIDING VALUES:

- WORKING HARD
- "HONORABLE" JOB
- BEING LOYAL

3 . E X P R E S S I O N O F T H E E G O

Parenting

OFFERING BELIEFS:

- RESPECT FOR THE LOCAL WORTHIES
- MEN ARE NOT ALLOWED TO CRY

3 . E X P R E S S I O N O F T H E E G O

Media

PROVIDING NORMS:

- THIN BODY
- MONEY
- ACHIEVEMENT

3 . E X P R E S S I O N O F T H E E G O

School

PROVIDING NORMS:

- INTELLECTUAL ABILITIES
- STRONG FOCUS ON THINKING
- COMPARING ABILITIES

3 . E X P R E S S I O N O F T H E E G O

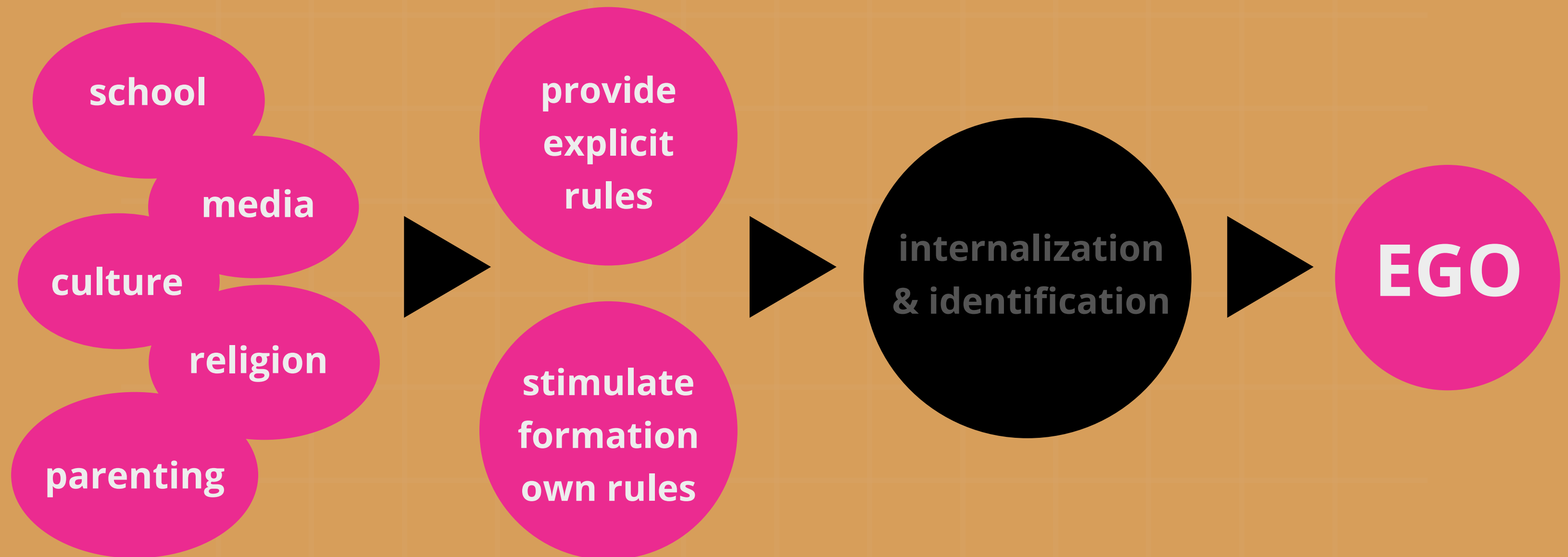
Religion

PROVIDING NORMS:

- RULES FOR BEING "GOOD"
- BELIEFS ABOUT HUMAN BEINGS

2 . B U I L D I N G T H E G O

Ego Development



3.

EXPRESSION

of the Ego



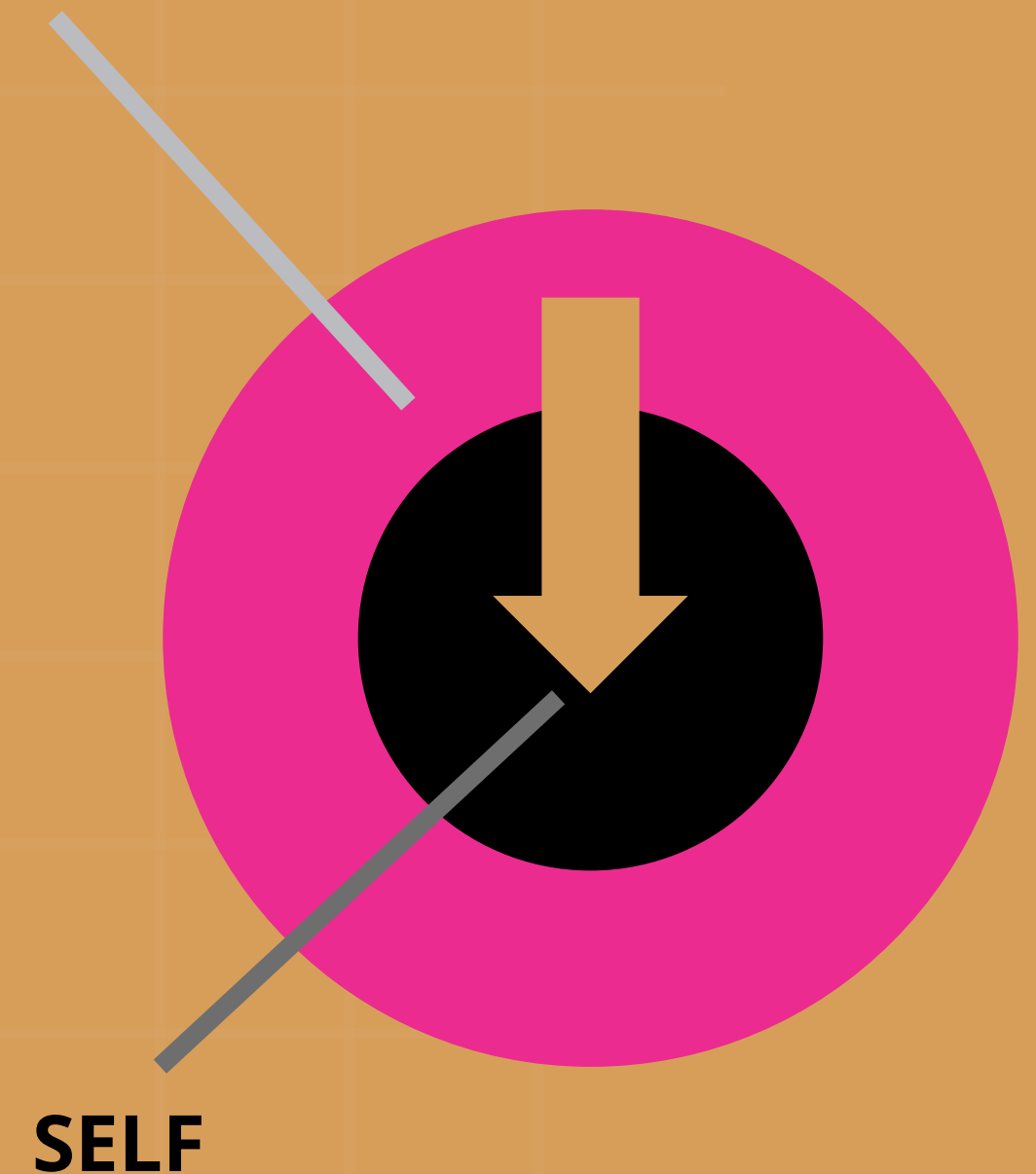
3 . E X P R E S S I O N O F T H E E G O

Outside-in focus

EGO = OUTSIDE-IN FOCUS:

- » **WHAT SHOULD I FEEL RIGHT NOW?**
- » **WHAT ARE THE NORMS FOR SUCCESS?**
- » **HOW DO I DO COMPARED TO OTHER PEOPLE?**

WORLD OUTSIDE SELF



3 . E X P R E S S I O N O F T H E E G O

Fear

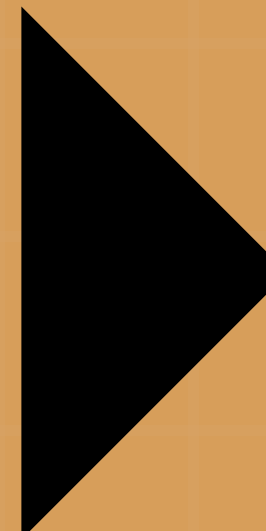
- **STRONG IDENTIFICATION WITH X: STRONG EFFECTS FOR SELF AND ENVIRONMENT**
- **MORE IDENTIFICATION WITH X = HIGHER PERCEIVED IMPORTANCE OF X**
- **INEVITABLE: REALIZATION X CAN DISAPPEAR**

3 . E X P R E S S I O N O F T H E E G O

Fear

EXAMPLE:

- I CAN LOSE MY CAR
- I CAN GET FIRED OR FAIL TO SUCCEED
- I WILL GET OLDER AND LESS BEAUTIFUL



3 . E X P R E S S I O N O F T H E E G O

Control

➤ **CONTROL = EGO'S WAY TO DEAL WITH FEAR**

➤ **EXAMPLES:**

- **APPEARANCE: PLASTIC SURGERY**
- **POSSESSIONS: INSURANCE, CAMERA'S, ETC.**
- **EMOTIONS: SUPPRESS**

3 . E X P R E S S I O N O F T H E E G O

Wanting More

IF X DETERMINES "I", THEN MORE X = STRONGER "I"

- MORE MONEY = RICHER "I"**
- MORE BEAUTIFUL = MORE ATTRACTIVE "I"**
- MORE ACHIEVEMENTS = MORE SUCCESSFUL "I"**

3 . E X P R E S S I O N O F T H E E G O

Wanting More

ADDING SOMETHING TO THE EGO:

- **GUARANTEES NOT BEING LESS THAN I AM NOW**
- **MORE FAVORABLE COMPARISON TO OTHERS**
- **STRENGTHENS POSITIVE OR NEGATIVE EGO**

3 . E X P R E S S I O N O F T H E E G O

Jealousy

- **IF PART OF EGO IS THREATENED : JEALOUSY**
- **JEALOUSY OCCURS WHEN THE OBJECT OF JEALOUSY CONCERNS OUR SELF-
DEFINITION**
- **CAN INCREASE MOTIVATION TO PROTECT OR BOOST EGO**

3 . E X P R E S S I O N O F T H E E G O

Jealousy

EXAMPLE:



EGO: "I AM A MUSICIAN"



SCENARIO 1: FRIEND BECOMES SUCCESSFUL DANCER



**BASKING IN
REFLECTED GLORY**



SCENARIO 2: FRIEND CREATES NUMBER 1 HIT



JEALOUSY

3 . E X P R E S S I O N O F T H E E G O

Exercise

- **CAN YOU REMEMBER THE LAST TIME YOU WERE JEALOUS?**
- **WHO AND WHAT WERE YOU JEALOUS OF?**
- **CAN YOU SEE WHAT IT IS (A ROLE, A STATUS, A CHARACTERISTIC ETC.) THAT YOU IDENTIFY WITH THAT CAUSED YOU TO RESONATE WITH THE ACCOMPLISHMENT OR SITUATION OF THE OTHER PERSON?**

3 . E X P R E S S I O N O F T H E E G O

Defensive Behavior

- **EGO = VERY SENSITIVE TO CRITICISM**
- **NEGATIVE FEEDBACK ON EGO ASPECT = ATTACK EGO**
- **DIFFICULT DISTINGUISHING FEEDBACK ABOUT ASPECT FROM SELF**

3 . E X P R E S S I O N O F T H E E G O

Defensive Behavior

REALITY

I WRITE BOOKS

**REVIEWER:
HIS BOOK IS
NO GOOD**

EGO PERCEPTION

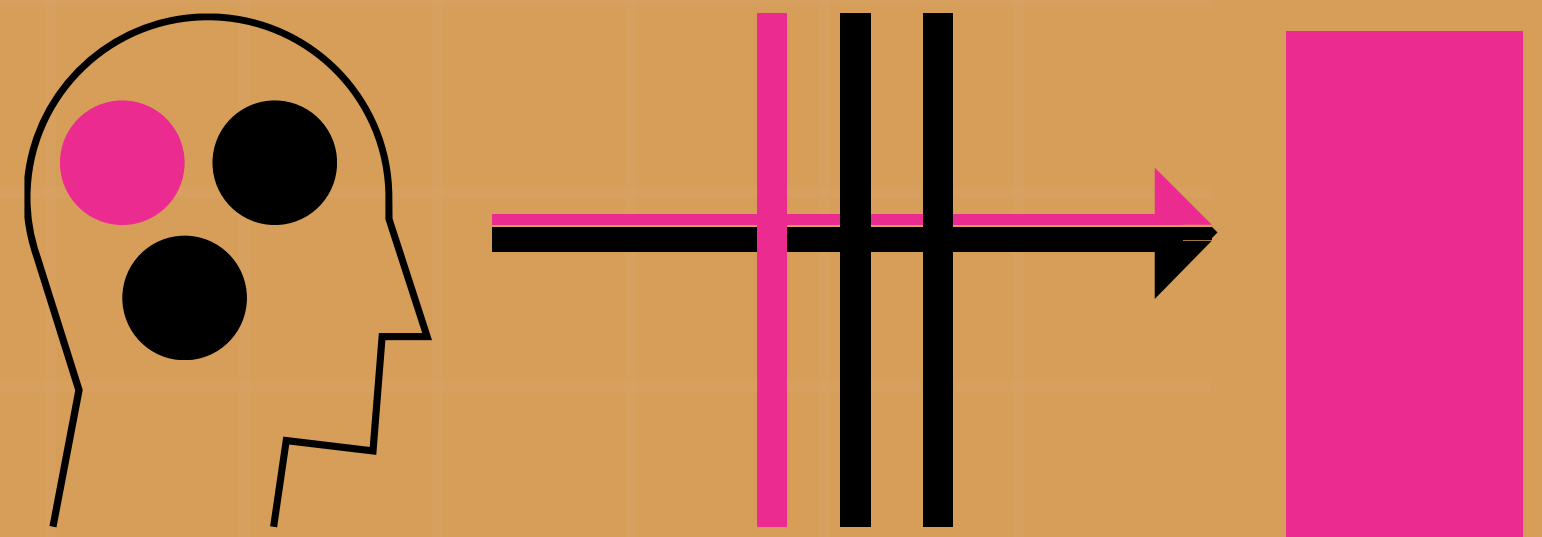
I AM A WRITER

I AM NOT GOOD

3 . E X P R E S S I O N O F T H E E G O

Judgment

- **MANY JUDGMENTS REFLECT PERSONAL IDENTIFICATIONS**
- **LABELING THINGS BASED ON WHAT THEY SAY ABOUT "ME"**



4.

BEYOND

the Ego



4 . B E Y O N D T H E E G O

Important Note



*Having a nice car or not, being attractive or not attractive,
It is believing the story in the head that tells you that these
things are who you are that is problematic.*



4 . B E Y O N D T H E E G O

Mindfulness

- **OBSERVING VERSUS BELIEVING SELF-STORIES**
- **CONNECTING TO A SENSE OF SELF BEYOND FORM**
- **CONNECTING TO A DYNAMIC SELF BEYOND FIXED STORIES**

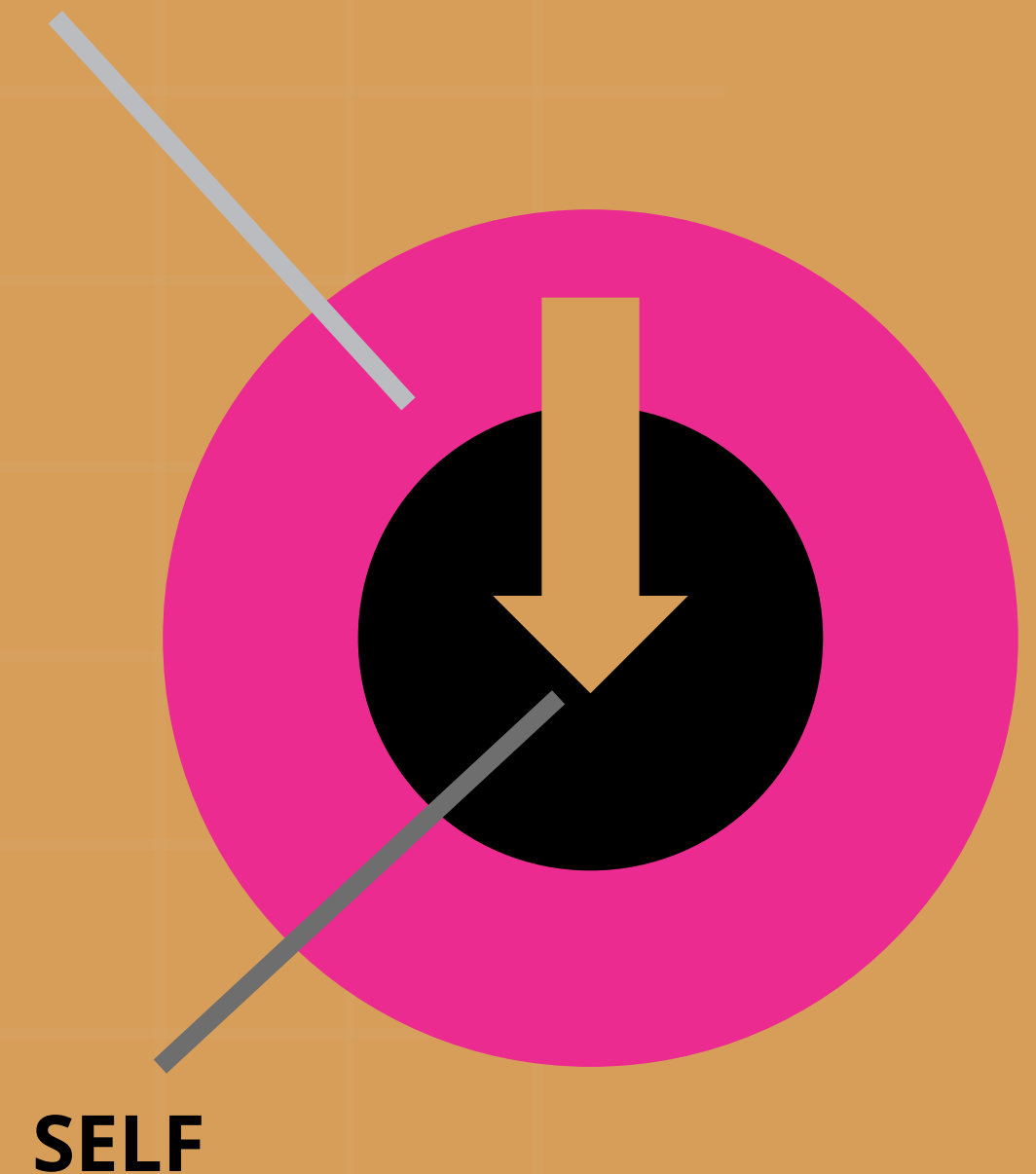
4 . B E Y O N D T H E E G O

Outside-in focus

MINDFULNESS = INSIDE-OUT FOCUS:

- **WHAT DO I FEEL IS IMPORTANT IN LIFE?**
- **WHAT DO I FEEL?**
- **WHAT MEANS SUCCESS TO ME?**

WORLD OUTSIDE SELF



4 . B E Y O N D T H E E G O

Metaphor



THANK YOU!

For your attention!

