

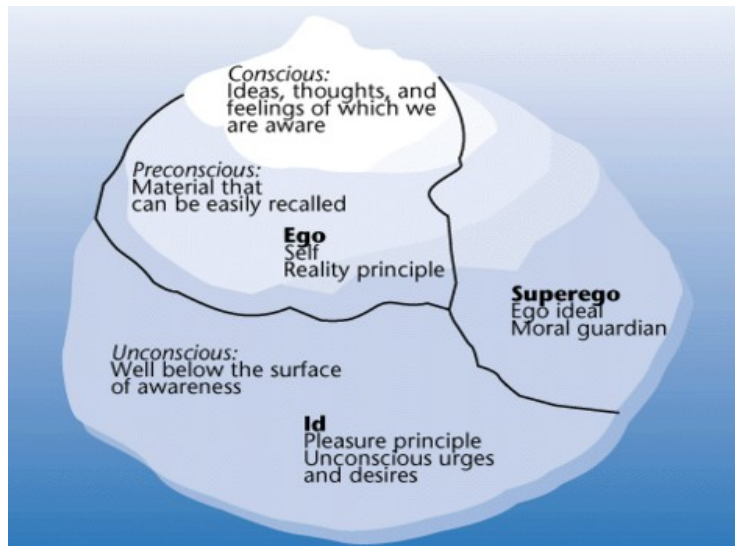
You Must Control Your Ego

NAME:

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This worksheet is a supplement training guide to “You Must Control Your Ego!” video published on April 9, 2016.

Your ego identity is a series of core beliefs that also function as a defense/protection mechanism. It carries out life’s mandate to survive danger by adapting to adverse environmental conditions. According to the father of psychology, Sigmund Freud, the human personality consists of three parts (ID, Ego, and Superego). An emotionally healthy person is said to have a perfect balance between these three parts. It is theorized that a person who exhibits emotional distress or mental health problems has one of those parts overpowering the others.



ID	Superego	Ego
Driven by the pleasure principle which strives for immediate gratification of all needs, desires, and wants. It's function is to make sure all of our primary needs are met.	This is where we hold all of our moral standards and ideals that we acquire from both parents and society. It places shame and guilt on the reaction of id. It is what tells us what's correct and what's incorrect.	The balancer, the mediator, the personality that is responsible for dealing with reality. It operates based on reality principle, which aim to satisfy ID's desires in socially and realistic way.

With so many competing forces, it is easy to see how problems might arise between the id, ego and superego. You need to become more aware and check your ego. Separate what's real and what's imagination in your end and don't take anything personal. The key to a healthy personality is a balance between the id, the ego, and the superego.

Which of these 3 human personality parts are you feeding more (id, ego, superego)?

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