



# *Mentoring Program*

## **Self-Healing & EGO Taming**

### **Course 5 Module 3 Lesson 1**

#### ***“Interviewing the EGO”***

##### **Pre-Lesson Handout**

The key intention of an EGO Tamer is to learn to \_\_\_\_\_ before they enter into the creative medium of the mind.

Once we are aware of the EGO voice, we have about **three options**:

1. \_\_\_\_\_

Describe that option \_\_\_\_\_

2. \_\_\_\_\_

Describe that option \_\_\_\_\_

3. \_\_\_\_\_

Describe that option \_\_\_\_\_

Which option do you tend to resort to? \_\_\_\_\_

In my experience, the EGO was threatening me by saying: \_\_\_\_\_

\_\_\_\_\_

Once I interviewed the EGO, I realized the action it told me I must take was: \_\_\_\_\_

\_\_\_\_\_

And it threatened me that if I didn't the end result would be: \_\_\_\_\_

\_\_\_\_\_

This week's experiment: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_