



# Mentoring Program

## Self-Healing & EGO Taming

### Course 5 Module 3 Lesson 1

#### *“Interviewing the EGO”*

##### Post-Lesson Handout

The key intention of an EGO Tamer is to learn to consciously control the stream of thoughts before they enter into the creative medium of the mind.

Once we are aware of EGO, we basically have three options:

1. **Push it** out and ignore it
2. **Drown it out** with TV, Computer, Work, Sex, Alcohol, etc.
3. Or we can learn to **hear it out**

In this lesson’s video I shared how this idea came to me years ago when I was a young mom and realized that I was having anxiety-producing thought patterns everyday around 4:00 PM – about when it was time for my husband to come home from work.

The voice in my head would say: *“Better hurry up and clean the house, he’s coming home soon.”* If I pushed it out and ignored it, it would just get meaner and vicious saying things like, *“Oh, he’s going to get angry with you!”*

Finally, one day something in me just snapped and I confronted the threats of the EGO by asking questions like, *“So what if he does?”* . . . *“And if that happens, then what?”* and through the process of ‘interviewing the EGO’ I came to an astonishing awareness that the rule that EGO had been running was that if I didn’t clean up the house before he got home, the end result would be me divorced, unemployable, homeless and I would die.

#### **This week, experiment with interviewing your own EGO!**

Notice when an obsessing thought is causing you anxiety. It may be threatening like my example or it may just be fear-invoking. The process is actually very simple:

1. Imagine you’re interviewing someone you admire or want to get to know better. Be open to hearing whatever the EGO has to say.
2. Maintain defenselessness – no need to argue, judge or criticize the answers.
3. Simply zero in on ONE phrase at a time and ask some variation of this question: *“And if that’s true, then what?”*

Remember that the first interview or two may take the longest and the verdict will always be some version of life and death. Then repeat the FIRST phrase the EGO gave you and the ending verdict and see if the “threat” seems reasonable or silly. Be sure to return and report your experience! Have fun!