

THE EGO'S DARK SIDE

"The ego's dark side can destroy any relationship."

Many situations each day require us to properly assess our feelings and behavior, yet such assessments often demand a higher level of psychological understanding about our ego's influence than we normally learn. Behavioral researchers have done a mass of study about the ego. Most findings agree that, when dealing with tension, the dark side of our ego can easily trump our better judgment. Below you will find various factors categorized to help you identify some common feelings and actions that may be influenced by the ego's dark side, as well as wiser options that the ego ignores. Boxes allow you to check possible problem areas needing your increased consideration or precaution.

POSSIBLE EGO INFLUENCE

DEFIANCE

- ☐ Bullying or harassing
- ☐ Needing to be right
- ☐ Jealousy
- ☐ Rebelliousness
- ☐ Stubbornness
- ☐ Greediness
- ☐ Deviousness
- ☐ Self-centeredness
- ☐ Blamefulness
- ☐ Retaliation
- ☐ Denials
- ☐ Neglecting morals
- ☐ Making excuses
- ☐ False entitlement
- ☐ Thievery
- ☐ Manipulation
- ☐ Slyness

AGGRESSION

- ☐ Anger
- ☐ Cynicism
- ☐ Accusation
- ☐ One-upmanship
- ☐ Power plays
- ☐ Pride
- ☐ Arrogance
- ☐ Over-confidence
- ☐ Frankness
- ☐ Teasing
- ☐ Exaggeration
- ☐ Dramatizing
- ☐ Abrasiveness
- ☐ Domineering
- ☐ Sarcasm
- ☐ Prejudice
- ☐ Threatening

ANXIETY

- ☐ Envy
- ☐ Enchantment
- ☐ Impatience
- ☐ Excitement
- ☐ Struggle
- ☐ Disagreement
- ☐ Lust
- ☐ Provocation
- ☐ Compulsiveness
- ☐ Addiction
- ☐ Disgust
- ☐ Bad attitude
- ☐ Nervousness
- ☐ Fretfulness
- ☐ Resentment
- ☐ Fearfulness
- ☐ Disillusionment

ILL COPING

- ☐ Defending wrong doing
- ☐ Making excuses
- ☐ Avoiding priorities
- ☐ Spending foolishly
- ☐ Overeating
- ☐ Oversleeping
- ☐ Avoiding effort to resolve
- ☐ Defending wrong feelings
- ☐ Acting irresponsible
- ☐ Abusing others
- ☐ Rejecting others
- ☐ Displacing anger
- ☐ Lying for sympathy
- ☐ Lying to avoid punishment
- ☐ Self-destructiveness
- ☐ Causing harm
- ☐ Repetitive thoughts
- ☐ Sulking

VULNERABILITY

- ☐ Exhaustion
- ☐ Embarrassment
- ☐ Shyness
- ☐ Depression
- ☐ Loss of confidence
- ☐ Disappointment
- ☐ Foolhardiness
- ☐ Fickleness
- ☐ Naivety
- ☐ Justification
- ☐ Hastiness
- ☐ (In)Dependence
- ☐ Assumption errors
- ☐ Discouragement
- ☐ Complacency
- ☐ Resentment
- ☐ Mesmerization

WISDOM THE EGO IGNORES

WISER THOUGHTS

- ☐ Self-control
- ☐ Discretion
- ☐ Conscience
- ☐ Improving attitude
- ☐ Reservation-patience
- ☐ Further investigation
- ☐ Surrendering humbly
- ☐ Accepting disappointments
- ☐ Self honesty
- ☐ Questioning perspective
- ☐ Questioning size of problem
- ☐ Questioning if self is wrong
- ☐ Questioning if overdramatizing
- ☐ Questioning if over-confident
- ☐ Questioning if wisest approach
- ☐ Tempering feelings
- ☐ Empathy toward others
- ☐ Better understanding EQ

WISER BEHAVIOR

- ☐ Mediation
- ☐ Avoiding confrontation
- ☐ Avoiding consequences
- ☐ Revealing own wrong
- ☐ Saying "I'm sorry"
- ☐ Cooperation
- ☐ Compromising
- ☐ Veracity
- ☐ Diplomacy
- ☐ Reverence
- ☐ Respectfulness
- ☐ Tolerating others
- ☐ Warding of problems
- ☐ Exhibiting sensitivity
- ☐ Obeying rules
- ☐ Apologizing
- ☐ Avoiding distance
- ☐ Fairness