

No Ego – Fixation Questions

1. The Perfectionist / Ruler / Reformer / Judge / Critic

- A. How has the feeling that I'll never get it right, and my constant need for perfection created suffering?
- B. How has my need to be right and to do the right thing affected my life and the lives of those around me?
- C. How has judgement and anger at others and myself for not being perfect enough affected my life?*
- D. How has my moral correctness made me feel superior and judgmental of others?
- E. If I could never get it "right", what would it mean – and who would I be?
- F. What would happen I couldn't control anything?
- G. In what ways have my "inner critic" and anger shut me down to joy in my life?

2. The Helper / Giver / Caretaker / Self-Sacrificer / Martyr

- A. How have I sacrificed myself to serve others?
- B. How have I sold out my integrity, my health, my needs in order to make others feel good – and love me?*
- C. In what ways have I exhausted myself by giving, in order to get approval and love from others?
- D. What have I done to earn the love of others?
- E. Whom would I really be if I weren't serving and giving?
- F. What am I worth if I am not giving?

3. The Motivator / Status-Seeker / Performer / Deceiver

- A. In what ways have I designed my life-style to convince others that I am successful?
- B. In what ways have I pretended to be more than I am in order to present an image of success?*
- C. How have I tried to gain respect, to convince others of my success, by creating an image of success?
- D. In what ways have I burnt myself out trying to achieve success?
- E. What have I been willing to do in order to get respect and validation?
- F. How does it make me feel to have to "do" in order to get respect and validation?
- G. Whom would I be if I could do nothing and could achieve nothing?

4. The Artist / Individualist / Tragic Romantic / Drama Queen

- A. How has my emotional sensitivity created drama in my life?
- B. How do I express my uniqueness in order to get attention?
- C. In what ways do I “get off” on melancholy?
- D. How have I tried to get love by appearing special or unique, or using my looks, my talent, my passion or my ability to connect with others? What has it cost me?*
- E. How has being sensitive to others’ comments about me affected my life?
- F. How has my sense of feeling flawed and not worthy run my life?
- G. If I was not perceived as "special", what would happen and who would I be?

5. The Thinker / Observer / Philosopher / Hermit / Expert / Nerd

- A. How have I escaped into knowledge in order to get away from fear?
- B. How has my fear of exposure stopped me from reaching out to others? What has it cost me?*
- C. In what ways have I designed my life to protect me from people discovering my vulnerability?
- D. How have I used knowledge in order to feel superior to others?
- E. Who would I be if I didn't have all this knowledge?

6. The Loyalist / Doubter / Team Player / Security Seeker / Devil's Advocate

- A. How have I moulded myself in order to “fit in”, to belong to “the team”?
- B. How has doubt inappropriately determined my actions?
- C. How have fear and doubt and the need for security run my life?*
- D. How have I avoided being left out by belonging?
- E. How has procrastination prevented me from achieving?
- F. What has suspicion and aloofness cost me in terms of emotional closeness?
- G. What would happen if I let go of the need to "suss" everything out?

7. The Generalist / Enthusiast / Planner / Eternal Teenager

- A. How has my need for “more, new and different” run my life?
- B. How have I escaped looking at major issues by keeping my mind busy with planning for fun and enjoyment?
- C. How have I avoided feeling fear by distracting myself with constant activity?*
- D. What would happen if I were to stop and just sit and feel? Who would I be?
- E. How has my drive for fun kept me from feeling my true emotions?
- F. What have I done in order to avoid painful criticism?

8. The Warrior / Leader / Confronter / Boss / Bully

- A. How have I controlled my environment and other people with my intense desire and willingness to do what ever it takes to get what I want?
- B. How has my need to control affected my life?
- C. How has the need to prove how brave and strong I am ruled my life?
- D. How has underlying fear caused me to be angry?
- E. What are the real consequences of my need to control?*
- F. Who would I be if I completely let go of control?

9. The Peacemaker / Mediator / Chameleon / Self-Narcotiser

- A. How have I avoided confrontation in order to be comfortable with myself and others?
- B. How has my fear of anger run my life?
- C. What has my avoidance of speaking the truth (expressing a negative response) in order to keep the peace, cost me?
- D. How have I compromised myself in my effort to diffuse anger?*
- E. If I let go of this identity of being mellow, what would I really feel?
- F. What would happen if I experienced anger in confrontation?
- G. Who would I be if I were to really express the anger I feel to those I love?