

and let your ego's message flow...

## Letter from my ego

This journaling exercise focuses on getting to know your ego better. Imagine that your ego is writing a letter to you in order to share its point of view on a situation that you're facing. Follow the steps below:

Identify one topic that may be generating negativity, excessive mental complaints, or fear in your life.

Write in the space below a letter about that topic from the perspective of your ego. What do you think the ego is trying to communicate to you through those emotions? Don't over analyze what you write. Don't judge yourself. There are no wrong answers. Follow the prompt below

Dear	{your name goes here},	
	oday, I'd like to share with you a few insights about that much. To start, I'd like you to know that	



## Letter from my ego

Sincerely,		
Your Ego.		



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Now that you've allowed your ego express itself, take a few minutes to answer the following questions.

- What aspect of your identity or personal narrative is the ego trying to protect?
- Where does the need to protect that area of your life stem from?

- Which beliefs may be feeding that fear or need for protection?
- What other insights did you uncover from this writing exercise?