

Freedom from the Ego – Individual Fixation Questions

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

- A. How has the feeling that you'll never get it right, and your constant striving for perfection created suffering in your life?
- B. How has your need to be right and to do the right thing negatively affected your life and the lives of those around you?
- C. How specifically have judgement and anger at yourself and others for not being perfect enough negatively impacted your life? What has it *really* cost you? *
- D. How has your moral correctness made you feel superior and judgmental of others, and what has been the negative downside of this superiority?
- E. If you didn't get anything right, what would it mean, and who would you be?
- F. What would happen you couldn't control *anything*?
- G. In what ways have anger and your inner critic shut you down to happiness and joy in your life?

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

- A. How have you sacrificed yourself to serve others and earn their love?
- B. How have you sold out your integrity, your health and your needs in order to make others feel good and love you? What has it *really* cost you? *
- C. In what ways have you exhausted yourself or burned yourself out by giving in order to get love and approval from others?
- D. How specifically have you manipulated others in order to earn their love and approval?
- E. If you could no longer serve, caretake or give, what would you ultimately feel emotionally? Who would you be?
- F. What are you *really* worth if you are not serving or giving?

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

- A. In what ways have you designed your lifestyle to convince others that you are successful?
- B. In what ways have you pretended to be more than you are in order to present an enhanced image of success? What has it cost you? *
- C. In what ways have you burnt yourself out or created a hollow, meaningless life by desperately trying to achieve success?
- D. What shameful or embarrassing things have you been willing to do in order to get recognition and admiration?
- E. How does it make you feel to have to achieve and produce results in order to get respect and validation in life?
- F. Whom would you be if you did nothing, could achieve nothing?

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

- A. How has your emotional sensitivity created painful drama in your life?
- B. How do you express your uniqueness in embarrassing or shameful ways in order to get attention?
- C. In what ways do you get off on and identify with being melancholy?
- D. How have you striven to win love by appearing special or unique - by using your looks, your talent, your passion or your ability to connect deeply with others? What has it cost you? *
- E. How has being sensitive to others' comments about you negatively affected your life?
- F. How specifically has your sense of feeling flawed, broken and not worthy run your life?
- G. If you were not perceived as 'special', what would happen and who would you be?

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

- A. How have you escaped into the world of research and knowledge in order to hide from your real fears?
- B. How have your fears of exposure and the unknown stopped you from connecting with life and trapped you in your own pain? What has it cost you? *
- C. In what ways have you designed your life to protect you from people discovering your lack of expertise and your real vulnerability?
- D. How have you used knowledge in order to defend against and feel superior to others?
- E. In what ways have you withdrawn from life and isolated yourself in loneliness?
- F. Who would you be if you didn't have all this knowledge? What would you *really* have to face?

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

- A. How have you inauthentically moulded yourself in order to fit in, to belong to the team? How have you avoided being left out by belonging?
- B. How have suspicion and doubt inappropriately determined your life habits and actions?
- C. How have fear, doubt and the need for security run your life and restricted your enjoyment of it? What has it cost you? *
- D. How has your lack of trust in others and in yourself *really* affected your life?
- E. How has procrastination prevented you from achieving what you *really* wanted in life?
- F. What have suspicion and aloofness cost you in terms of emotional closeness and intimacy?
- G. What would happen if you couldn't figure *anything* out?

7. The Generalist / Enthusiast / Planner / Eternal Teenager

- A. How has your need for 'more, new and different' run your life and kept you disengaged from it?
- B. How have you escaped feeling fear or terror by keeping your mind busy with planning for fun and enjoyment?
- C. How have you avoided feeling fear and pain by distracting yourself with constant activity and focussing on pictures of an ideal future? What has it cost you? *
- D. What would happen if you were to stop thinking and just sit and feel? What would you experience emotionally?
- E. How has your drive for excitement, fun and new experiences kept you from feeling your true emotions?
- F. What painful or embarrassing things have you done in order to avoid the sting of others' criticism?

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

- A. How have you controlled your environment and other people with your intense drive to do what ever it takes to get what you want?
- B. In what harmful or damaging ways have you controlled, dominated or taken responsibility for others? What has it cost them, and what has it ultimately cost you? *
- C. How has the need to prove how brave and strong you are ruled your life?
- D. How has underlying fear of weakness and vulnerability caused you to be angry?
- E. What would you experience if you completely let go of control? Who would you be if you had no control?

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

- A. How have you avoided confrontation in order to be comfortable with yourself and others?
- B. How has your fear of anger run your life and robbed you of life?
- C. How have you avoided speaking the truth (expressing a negative response) in order to keep the peace? What has it cost you?
- D. How have you compromised and negated yourself in an effort to diffuse your own or other people's anger? What has it *really* cost you? *
- E. If you let go of your identity of being mellow, easy going, reasonable or agreeable, what would you *really* feel? Who would you *really* be?
- F. What would happen if you *fully* let go and experienced anger in confrontation?
- G. What would it mean about you if you were to *really* express the anger you feel to those you love? Who would you be?