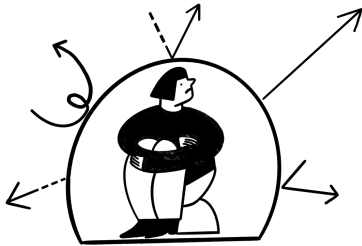


Meet your negative ego



Our negative emotions and stress are the result of self-sabotage. Saboteurs are the voices in your head that generate negative emotions in how you handle life's everyday challenges.

They represent automated patterns in your mind for how to think, feel and react. They cause your stress, anxiety, self-doubt, frustration, restlessness & unhappiness.



The Origin

Saboteurs start off as our “protector” to help us survive the real and imagined threats to our physical and emotional survival as children. As we grow, they have become invisible inhabitants of our mind.

Their patterns of thinking, feeling, and reacting become soft-coded in our brain through neural pathways. When triggered, we are “hijacked” by our Saboteurs and instantly default to those patterns.



Negative Ego Voices

Are the ones that beat you up repeatedly over mistakes or shortcomings, warns you obsessively about future risks, wakes you up in the middle of the night worrying, gets you fixated on what is wrong with others or your life, etc.

Source: © 2022 Positive Intelligence, Shirzad Chamine

Our mind can be best friend or worst enemy

Integrated Adult Voice

Holds a big vision. Knows that everything is always ok. Sees the truth and responds wisely. *"I expect there to be setbacks and I am capable of dealing with them."*



Neutral Ego Voice

Neutral, unemotional, no judgment. It's just the facts, no interpretation of them. *"I weigh 10 lbs more than I did last last year"*



Nurturing Parent Voice

Always tells the truth (grim or great) from a place of love & compassion. Always supports you & will never leave. *"You did your best to hear the feedback. What will help you next time?"*

ATL – Your True Self

BTL – Your Negative ego

Wounded Child Voice

Focused on getting needs met and being loved.. Whiny & pouty. Tries to please. *"It's not fair."* *"Don't leave me."*



Rebellious Adolescent

Focused on performing or rebelling. Wants independence and to belong. Dramatic or withdrawn. *"Screw you."*



Critical Parent Voice

Criticizes under the guise of trying to "help" you. Judgmental and shaming. *"If you only tried harder."* *"What's wrong with you."*



Indulgent Parent Voice

Lets you off the hook. Encourages you NOT to take responsibility. Enables. Excuses. Avoids discomfort. *"It doesn't matter."* *"You can't help yourself."*

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