

THE PRACTICE :: FREE THE PAST

EGO BUSTER

This list is by no means comprehensive. Feel free to come up with your own answers!

How are you being dishonest? (Some possible answers.)

- “This person will suddenly change, even though they have already shown me who they are.”
- “It’s personal.” (It’s never personal, so don’t take it personally.)
- “It’s my business what they think of me.”
- “It’s their job on planet earth to _____.” (It’s not their job to do anything for you. Each person is a mirror for you.)
- “I know what’s best in this situation.”

What do you get or get out of by being mad? (Some possible answers.)

- Get out of accepting them for exactly who they are and how they are
- Get to keep trying to change them or wishing they would change
- Get out of taking a big step (letting an employee go, leaving a job or a relationship, finding a new place to live, coming up with a new plan, et cetera)
- Get out of showing up
- Get out of making a request or ask for what you want
- Get out of saying no
- Get out of healing or grieving
- Get out of looking at your part
- Get out of having a direct conversation
- Get out of apologizing
- Get to blame them for “holding you back” from your dreams

ACTION STEPS (Some possible answers.)

- Take the next step toward your dreams, with or without them
- Do what you told yourself you would do
- Accept what happened and take next steps without feeding negative energy
- Start the healing or grieving process
- Allow them to be exactly who they are and how they are
- Stop making up stories about what they are thinking/saying about you
- Stop trying to control them/what they think of you
- Allow them to judge you and have their own reaction for as long as they need
- Stop taking their behavior personally
- Take 100 percent responsibility for your thoughts and actions
- Apologize for your part
- Have a direct conversation
- Say no
- Stop expecting them to read your mind and ask for what you want (even if you don’t get it)