



Ego Flare-up Emergency Extinguishers

Excerpt from *Choosing the Miracle*, by Pauline Edward

Although a simple “no” will suffice when it comes to addressing an ego flare-up, being unrelenting and increasingly clever in its efforts to attract and maintain our attention, it can be helpful to have a few spare emergency responses when we feel we have lost control. Here is a list of some of my favourite ego flare-up emergency extinguishers. Feel free to add your own to this list.



- Tell yourself that God loves you, no matter what, besides which, you haven't failed because you never left home in the first place. Chances are that the ego will have a few snarky come-backs, so, move on to the next item on this list.
- Ask: Father, what is the truth here? And if that doesn't work, move on down the list. 😊
- Forgive yourself. If you could have done it right the first time, you wouldn't be in this situation in the first place.
- Flip the switch on the ego, and move on.
- Don't analyze; you'll only be analyzing a decision made in a moment of insanity. Now, how sane is that?
- You are not the ego; the ego is no more than a bad habit.
- Remind yourself that you are the boss! The ego is a work of fiction, made up by a scared child, the part of you that is asleep.
- Be quiet and ask for help.
- Be quiet and listen for help.
- Be quiet and expect to receive help.
- Although this may be difficult at first, try peace, the ego's kryptonite. 😊
- Don't look back; just keep moving forward.
- Find a distraction, something fun to do, something that is more important than analyzing your screw-up.
- The ego analyzes; the Holy Spirit accepts.
- Remind yourself that your brother/sister is just like you, afraid of love.
- I am never upset for the reason I think.
- The ego always lies; don't even bother trying to reason with it.
- Don't ruminate, cogitate or try to understand why you messed up. You left your wholeness for a moment because you were afraid of love. Period.
- Your brother/sister is calling for love. If that doesn't motivate you to choose peace, see next point.
- We go home together, or not at all. Awakening is a two-person job.
- Choosing the miracle is a habit. It undoes the bad habit of choosing to believe the ego's lies.



- In case you missed it, just keep moving forward! ☺
- Go for a walk, listen to music, have a cookie or two or three.
- Call a friend or family member and talk about something that concerns *them*.
- Do not bring this up for analysis with your therapist, don't text it to your BFF. The point is to deflate it, and the only way to do that is to not give it any attention.
- The ego thrives and survives on the attention you give it.
- Remind yourself that your real job is to be the light for your brothers and sisters. Do it for them.
- Treat yourself, your brothers and sisters, every object, animate or inanimate, with dignity and respect, for all there is before you is God and His creation.
- If none of this works, enjoy the ego flare up, wallow in it, bask in it, but don't feel guilty about it. Then, try to recall what it feels like to be at peace. Peace probably feels much better than an ego flare-up. Next time, you'll choose differently.
- God loves you.
- Now move forward.

PS Feel free to share with friends who still believe they have an ego. ☺

Thank you Alexander Marchand for the fun ego off switch!

