



3. Now, pick 2 or 3 more instances where you've been triggered. Again, write down what happened, how you responded, and the sentence, or sentences you told yourself internally in reaction to the situation.

4. What are things you're good at and feel really good when you get praise for them?

5. Look at all of the lists you've written down, and search for a common theme. Does this paint a picture for you of who this person is?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
6. Put a label on your ego's identity. When we personify things, we can point them out easier. Instead of it being a nebulous idea that's hard to capture... it's an identifiable figure that is easy to point out. For example: "Captain Hook" or "The Cheerleader", or "The Boy Scout". Is there an "Avatar" you can use that would encapsulate most if not all of the traits you listed out?