

# Self Test

Which ego patterns do you have, and to what degree?

## Mentally existentially uncertain – Piglet

### Characteristics

- ☐ Introverted
- ☐ Struggles with the social. Keeps to himself.
- ☐ Fear/anxiety and negative thoughts.
- ☐ Periods of depression.
- ☐ Having a hard time making choices.
- ☐ *Resource*: Often a special mental or spiritual endowment.
- ☐ *Temperament*: Melancholy
- ☐ *Self-esteem*: Negative. Feeling unwanted. Doesn't fit into this world.



### Replacement solution

- ☐ Freedom from responsibility, withdrawal
- ☐ Split. Withdrawal from social life

**ATTENTION!** Sometimes you get the same question twice. This is because these are extra typical, and therefore should count twice in the summation.

### Positive Properties

- ☐ Especially mental or spiritual gifted
- ☐ Radar for other people's hidden thoughts and feelings
- ☐ Unbound by "tribal laws"
- ☐ Ability to have deep and serious conversations
- ☐ Black comedy and joking

### Negative Properties

- ☐ Excessive fear and anxiety. Fearing the worst!
- ☐ Resistance to change. Become paralysed.
- ☐ A little distant and mental
- ☐ Can struggle with social things
- ☐ Not feeling good enough as you are
- ☐ Shrugs off responsibility
- ☐ Heaviness and depression not uncommon
- ☐ Poor life skills

### Typical body

- ☐ Fragile and hinged. Light and airy. Crooked.

### Typical use of life energy

- ☐ Withdraws away from his own body and others and upwards towards spiritual spheres

### How strong is the pattern in you:

Crossed by \_\_\_\_\_ in relation to a total of 25 characteristics, i.e. \_\_\_\_\_%

→ This number x 4 = Per cent

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## Emotionally existentially uncertain – Roo

### Characteristics

- ☐ Extroverted. Happy with life. Playful.
- ☐ Can behave childishly.
- ☐ Gets easily hurt and emotional.
- ☐ Please take your word and keep it.
- ☐ "Takes the show" in social contexts. Festive.
- ☐ *Resource:* Social Skills
- ☐ Artistic abilities
- ☐ *Temperament:* Sanguine
- ☐ *Self-esteem:*
- ☐ Consciously, they like to feel valuable and festive.
- ☐ Unconsciously, they don't feel worth anything if they don't get attention.



### Replacement Solution

- ☐ Seeking attention, instead of being loved as you are
- ☐ Playing through life, instead of taking responsibility

### Positive Properties

- ☐ Contact with the life core and life energy
- ☐ Live and entertain.
- ☐ Socially gifted
- ☐ Artistically gifted
- ☐ Can penetrate other people's defences and create a deeper, more genuine connection

### Negative Properties

- ☐ Attention seeking. Take your word and keep it.
- ☐ Will only do what is pleasurable. Doesn't like duties.
- ☐ Takes the show in social contexts.
- ☐ Creates commotion and chaos
- ☐ Emotionality and hysteria
- ☐ Lose your mind. Destroys things and relationships.
- ☐ Possibly alcohol or drug misuse or unexpected breakdown

### Typical body

- ☐ Living face, facial expressions and body



### Typical use of life energy

- ☐ Sending out a lot of life energy on several/various levels

### How strong is the pattern in you:

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## Malnourished – Eeyore

### Characteristics

- ☐ Kind
- ☐ Decent and willing to serve.
- ☐ Don't get in touch with your own needs.
- ☐ Full of thoughts, ideas and plans,
- ☐ Often fails to carry out and complete ideas and plans.
- ☐ Periods of over-optimism and over-pessimism.
- ☐ *Resource:* Mental and analytical skills. Can be creative and a good teacher.
- ☐ *Temperament:* Fair
- ☐ *Self-esteem:* Can vary. Possibly a feeling of not being socially attractive and being a nerd.



### Replacement solution

- ☐ Mental contact, instead of feeling contact and body contact, both inside and outside

### Positive Properties

- ☐ Kind
- ☐ Decent and willing to serve
- ☐ Mental, logical and analytical skills
- ☐ Full of ideas and plans, but does not complete them
- ☐ Good teacher
- ☐ Dry wit

### Negative Properties

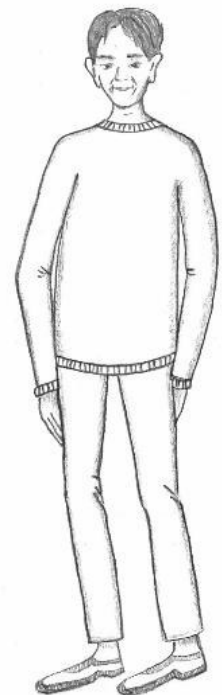
- ☐ Is too mental
- ☐ Has too little contact with own needs
- ☐ Makes ideology of malnourishing oneself
- ☐ Needy. Give to get
- ☐ Not enough energy or ability to carry out ideas and plans
- ☐ Do not understand this with force
- ☐ Overoptimistic and overpessimistic (manic/depressive)

### Typical body

- ☐ Tall and thin

### Typical use of life energy

Sucks energy from others



### How strong is the pattern in you:

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## Strong-willed – Tigger



### Characteristics

- ☐ Too strong will in relation to others
- ☐ Mistrust, demanding mentality, sourness and anger
- ☐ Does not respect others' boundaries, selfish
- ☐ Raises everyone but himself
- ☐ Can't stand being caught off guard
- ☐ Can't stand criticism. Can lie without blinking
- ☐ Gets energy from being in battle
- ☐ Don't forget and don't forgive

### Replacement Solution

- ☐ Get their way instead of dialogue, mutual care and good cooperation

### Positive Properties

- ☐ Charming, confident and humorous
- ☐ Has a lot of energy
- ☐ Willpower and execution power
- ☐ Eager to train others
- ☐ Leadership skills. Good at building alliances

### Negative Properties

- ☐ Too strong will in relation to others
- ☐ Mistrust, demanding mentality, sourness and anger
- ☐ Does not respect others' boundaries, selfish
- ☐ Raises everyone but himself
- ☐ Can't stand being caught off guard
- ☐ Can't stand criticism. Can lie without blinking
- ☐ Gets energy from being in battle
- ☐ Don't forget and don't forgive
- ☐ Creates a ranking order with himself at the top

### Typical body

- ☐ Bloated chest and/or hip area. Thin legs.

### Typical use of life energy

- ☐ Pulls the energy up and forward to dominate.  
Draws energy to the back to increase willpower.



### How strong is the pattern in you:

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## Surrendering – Winnie The Pooh

### Characteristics

- ☐ Round and pleasant.
- ☐ Has care for everyone
- ☐ Does not cause problems or conflict.
- ☐ Indolence and laziness
- ☐ Comfort eating
- ☐ Not mastering all the details of life
- ☐ Don't trust your own judgment. Asks/involves others.
- ☐ *Temperament:* Phlegmatic
- ☐ *Resource:* Creating coziness and coziness. Calm moods.
- ☐ *Self-esteem:* Easy to feel worthless, ashamed, embarrassed and similar



### Replacement solution

- ☐ Be friends and have a good time even if deeper needs are not met.

### Positive properties

- ☐ Ability to enjoy yourself
- ☐ Caring
- ☐ Good for conversation
- ☐ Good diplomats. Sustainable
- ☐ Can be good leaders

### Negative properties

- ☐ Surrenders and submits to the will of others
- ☐ Don't trust your own judgment
- ☐ Not feeling good enough as you are. Shame and guilt
- ☐ Slow to think and do things
- ☐ Laziness. Not mastering the details of life
- ☐ Talking about the challenges more than going into them
- ☐ Dissatisfaction in the hooks. "Enjoy sewing"; whine and complain without doing anything about it.

### Typical body

- ☐ Thick all over. Friendly face.

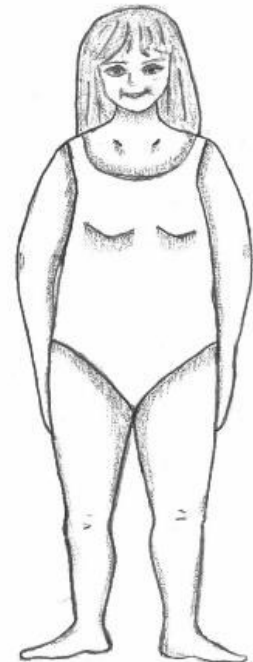
### Typical use of life energy

- ☐ Holding back energy and "letting it pass" (don't set a limit, don't fight)

### How strong is the pattern in you:

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## Overachieving – Rabbit

### Characteristics

- ☐ Always smiling and positive.
- ☐ Is factual
- ☐ Is skilled
- ☐ Takes responsibility and delivers a lot.
- ☐ Says "shit, shit", to own and other people's feelings.
- ☐ *Resource*: Factual, efficient, take responsibility and perform.
- ☐ *Temperament*: Restrained
- ☐ *Self-esteem*: Feeling valuable and appreciated.



### Replacement solution

- ☐ Accomplish a lot on the business level, but don't get to take care of the emotional side.
- ☐ Seeks recognition instead of closeness and contact

### Positive properties

- ☐ Great self-control
- ☐ Responsible
- ☐ Skilled and efficient
- ☐ Positive attitude and thinking
- ☐ Focus on achieving a good result
- ☐ Full of energy
- ☐ Smiling "always"
- ☐ Likes "boy's play"

### Negative properties

- ☐ The focus is on matter, not feelings
- ☐ Can take the fur from others
- ☐ May feel that life is empty and unrewarding
- ☐ Hardness, emotional coldness, arrogance
- ☐ Three variations of personality types:
- ☐ The seducer, the idealist or "the holy/godly"

### Typical body

- ☐ Well-proportioned, but stiff in hips and chest.

### Typical use of life energy

- ☐ Maintain mental control. Do not have contact with the core of life, the soul.

### How strong is the pattern in you:

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### Percentage of each pattern in your personality

The percentages you have calculated	Percentage of each pattern in your personality
Mentally existentially uncertain – Piglet _____ %	_____ %
Emotionally existentially uncertain – Roo _____ %	_____ %
Malnourished – Eeyore _____ %	_____ %
Strong-willed – Tigger _____ %	_____ %
Surrendering – Winnie The Pooh _____ %	_____ %
Overachieving – Rabbit _____ %	_____ %
<b>Total percentages</b> _____ %	<b>100 %</b>

If you divide the percentage for each pattern by Sum percentages, you will find what percentage each pattern makes up in your personality. This applies in everyday life when you are in your ego patterns. But being outside the patterns, in touch with desire/joy of life, the heart, the soul and the spirit, is perhaps also part of your personality? 😊