

The six ego patterns

A key to understanding
yourself and others better

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What is an ego pattern?

- An ego pattern is an automated pattern of thought, feeling, will and body postures that has become a permanent character trait.
- The patterns are formed during the first six years of life. Most people have several patterns in their personality.
- The professional source of the ego patterns is body-oriented psychology.
 - Wilhelm Reich: *Character Analysis* (1933, 1949 expanded edition) See for instance: <http://energeticsinstitute.com.au/psychotherapy-counselling/characterology/>
 - Alexander Lowen (1976): *Bioenergetics*.
 - John Pierrakos (1990): *Core Energetics: Developing the Capacity to Love And Heal*.
 - Barbara Ann Brennan (1993): *Light Emerging. The Journey of Personal Healing*
 - Lisbeth Marcher (2010): *Body Encyclopedia. Bodynamic Theory*. Se: <https://www.bodynamic.com/theory/>

The ego patterns – A resource and a problem

As children, we learn to cope with life as best we can.

We develop an ego with automated reaction patterns - Ego patterns.

An ego pattern is an automated pattern of thought, feeling, will and body postures that has become a **permanent character trait**.

The ego patterns are created to make the best of it in a situation where we as children are not met the way we really need.

➔ Resource

The ego patterns are automated, locked-in patterns that we repeat as adults, even if it is not appropriate.

➔ A Problem

The pattern provides substitute solutions (eg, getting one's way) rather than needs satisfaction (eg, mutual care and good cooperation).

You automatically repeat behavior that may be inappropriate.

In the case of stuck problems in cohabitation and cooperation, the negative aspects of the ego patterns are a part of the problem.



Piglet

Mentally existentially uncertain

The child's life theme in the phase -0.3 - + 0.3 years:
Do I have a right to exist? Am I wanted?

The cause of the pattern is a birth trauma, being an unwanted child or neglect in the form of hostility, violence, neglect or aloofness at the start of life.

Replacement solution

- Split. Pull away
- Freedom from responsibility

Self-worth and self-esteem

- Negative. Feeling unwanted
- Not feeling good enough as you are
- Feeling like you don't fit in



Piglet

Mentally existentially uncertain

Typical characteristics and properties

Positive properties Stage 3 (in The Development Ladder)

- Often a special mental or spiritual endowment.
- Radar for other people's hidden thoughts and feelings
- Unbound by "tribal laws"
- Ability to have deep and serious conversations
- Black humor

Negative properties – Stage 2

- Struggling with fear, anxiety and negative thoughts.
- Melancholy. Downcast, pessimistic basic mood
- Often distant and mental
- Can struggle with social things
- Resistance to change. Becomes paralyzed.
- Shrugs off responsibility
- Periods of melancholy and depression
- Poor life skills



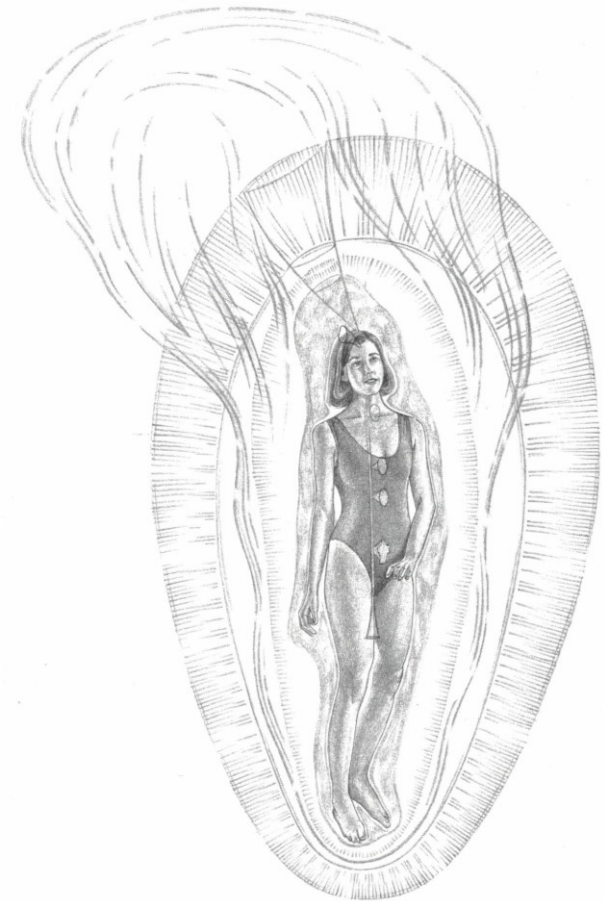
Piglet

Body shape is a tendency that often recurs. Of course, heredity, environment, diet and exercise also play a role.



Typical body:
Fragile and hinged.
Light and airy. Crooked.
But most often other patterns
will affect the body more.

Mentally existentially uncertain



Typical use of the life energy:
Withdraws away from one's own
body and others and upwards
towards spiritual spheres

Source: Barbara Ann Brennan:
Light Emerging



Roo

Emotionally existentially uncertain

The child's life theme in the phase 0 - 0.3 years:
Am I worth being loved?

The reason for the pattern is that they only experienced being loved and cared for as they are for shorter periods of time, so that they learned to get more energy and attention from their parents through attention-generating behaviour.

Repacement solution

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

Self-worth and self-esteem

- Self-esteem: Consciously, they like to feel valuable and festive.
- Self-worth: Unconsciously, they don't feel worth anything if they don't get attention.



Roo

Emotionally existentially uncertain

Typical characteristics and properties

Positive properties – Stage 3

- Often special social and artistic abilities
- Contact with the life core and life energy
- Sanguine. Extroverted, fun-loving and playful.
- Alive and entertain.
- Ability to penetrate others' defenses and create deeper, more genuine connection

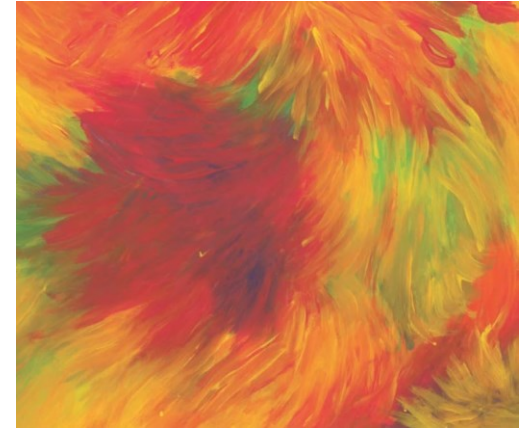
Negative properties – Stage 2

- Attention seeking. Take your word and keep it.
- Takes the show in social contexts.
- Will only do what is pleasurable. Does not like duties.
- Gets easily hurt and emotional, e.g. jealousy, envy.
- Behaving childishly and creating fuss and chaos
- Lose your mind. Hysteria. Destroys things and relationships.
- Possibly misuse of alcohol/drugs or unexpected breakdown



Roo

Emotionally existentially uncertain



Typical body:

A living face, facial expressions and body.
The pattern does not appear particularly
in the body shape itself. so that other
patterns will characterize this.

Typical use of the life energy:
Sending out a lot of life energy
on several/varying levels

Note: In body-oriented psychology (bioenergetics, core energetics and bodydynamic) you operate with five ego patterns (character defence). In bodydynamic it has been found that there are two variants of each pattern, depending on whether it is formed in the early or late phase of the period when the pattern is formed. For the existentially uncertain pattern, these two variants are like night and day (introverted versus extroverted), so we have chosen to call these two variants our own ego patterns, so that there are six ego patterns. The emotionally existentially uncertain ego pattern is therefore not found in Rreich's, Lowen's, Pierrakos' and Brennan's books.



Eeyore

Malnourished

The child's life theme in the phase 0 - 1.5 years: Can I have my needs met and learn to master the body and life?

The reason for the pattern is that there was not enough, or good enough, loving care and good enough cooperation in helping the child meet his needs and cope with life. Possibly also physical malnutrition.

Repacement solution

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

Selv-worth and self-esteem

- Self-worth: Can vary.
- Self-esteem: Often a sense of being a nerd who is not socially attractive.

Malnourished



Eeyore

Typical characteristics and properties

Positive properties – Stage 3

- Mentale, logiske og analytiske evner.
- Ofte en god pedagog.
- Snill, grei og tjenestevillig
- Full av ideer og planer
- Tørrvittig

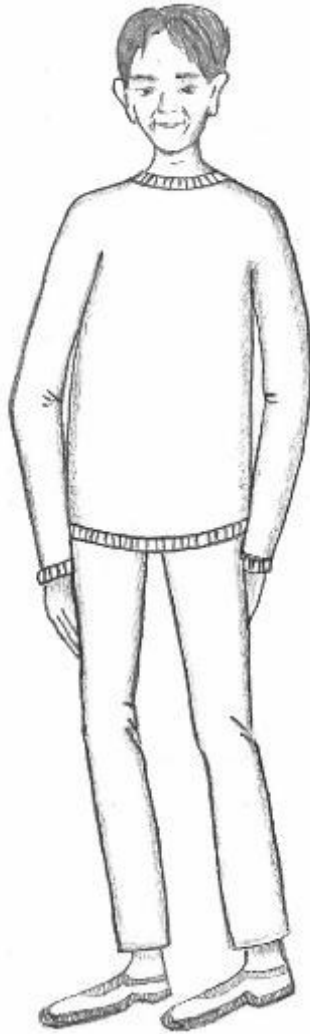
Negative properties – Stage 2

- Er for mental og har mangelfull følelseskontakt
- Har for lite kontakt med egne behov
- Underernærer seg selv. Sier nei takk!
- Eller motsatt: Trengende. Gir for å få.
- Ikke nok energi og evne til å gjennomføre ideer og planer
- Forstyeer ikke dette med makt
- Vekslende overoptimistisk og overpessimistisk

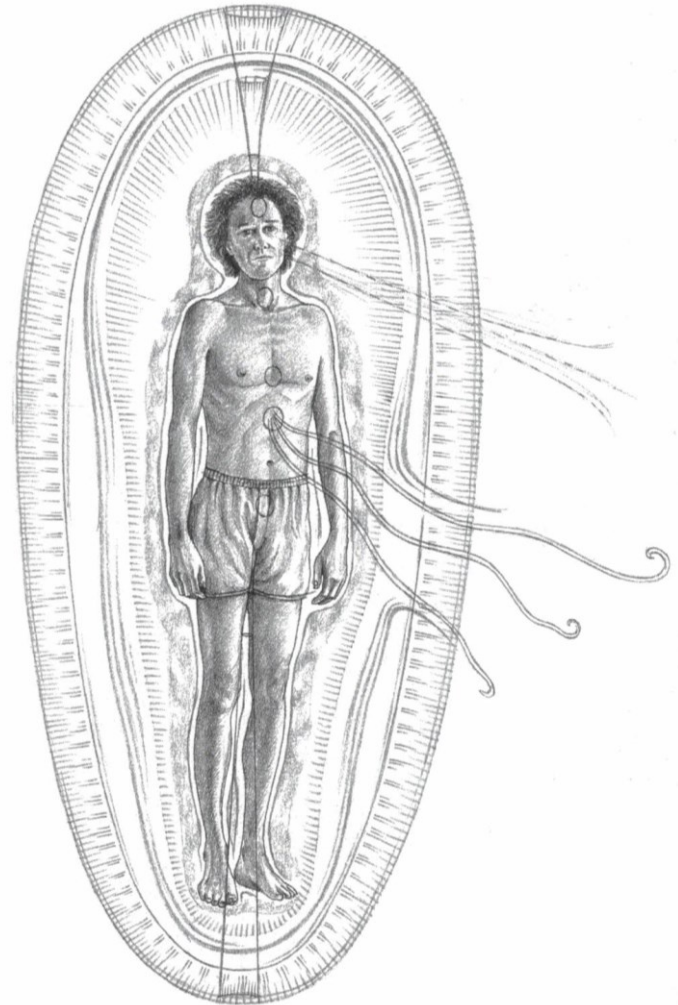
Malnourished



Eeyore



*Typisk kropp:
Høy og tynn.*



*Typisk bruk av livsenergien:
Suge energi fra andre*



Tigger

Strong-willed

The child's life theme in the phase 0.8 - 2.5 years:
Do I have the right to my own thoughts and feelings?

The reason for the pattern is that:

- The parents invaded them with their thoughts, feelings and attitudes and demanded that they conform to their will.
- Free child-rearing will also be able to create the pattern, because no limits are set for the child's behaviour.

Repacement solution

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

Self-worth and self-esteem

- Self-esteem is inflated. Confident.
- The self-worth is bad. Unconsciously, they feel like bad people. Therefore, they cannot stand criticism.



Tigger

Strong-willed

Typical characteristics and properties

Positive properties – Stage 3

- Willpower, execution power and leadership skills
- Good for building alliances
- Charming, confident and humorous
- Has a lot of energy and is warm in the body
- Eager to train others

Negative properties – Stage 2

- Must be right and must have his will
- Choleric. Gets angry and angry easily
- Mistrust and demand mentality
- Does not respect others' boundaries, selfish
- Raises everyone but himself
- Can't stand being caught off guard and can't stand criticism
- Can lie without blinking
- Gets energy from being in battle
- Don't forget and don't forgive

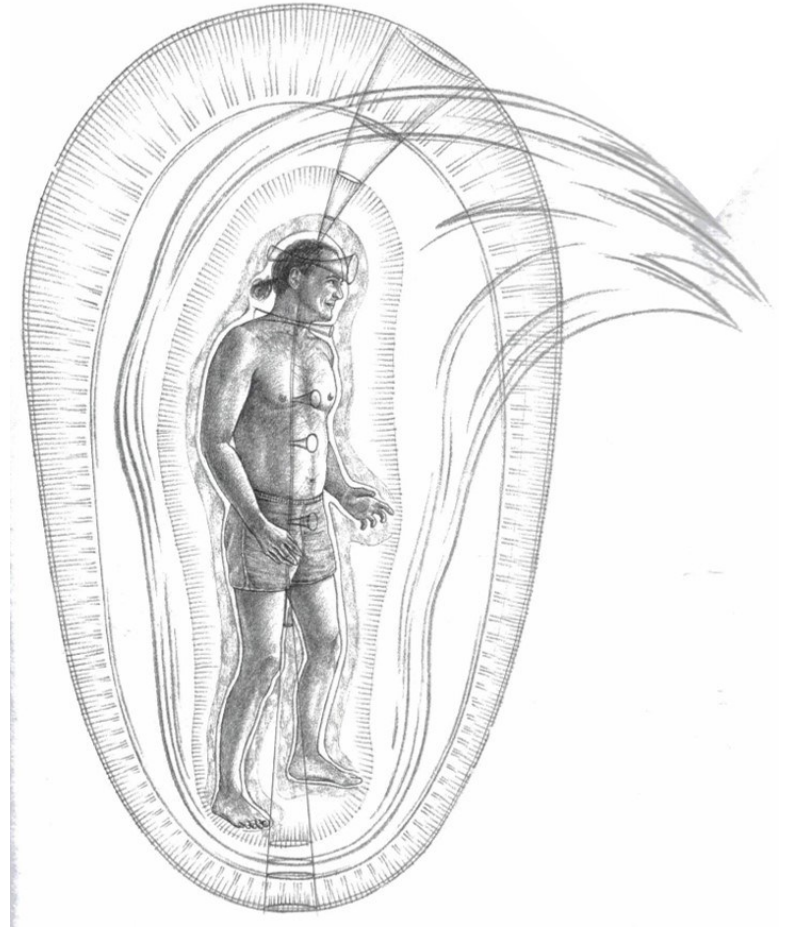


Tigger

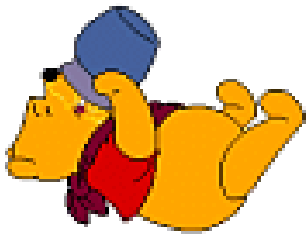
Strong-willed



Typical body
Inflated chest
and/or hip part.
Thin legs.



Typical use of the life energy:
Pulls the energy up and forward to
dominate. Draws energy to the
back to increase willpower.



Winnie The Pooh

Surrendering

The child's life theme in the phase 2 – 4 years:
Do I have the right to my own will?

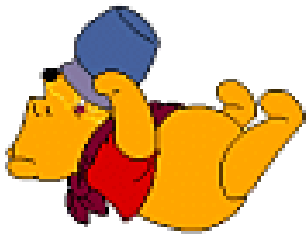
The reason for the pattern is that they were regulated in detail and coddled too much as children and obediently surrendered to their parents to get the security, comfort and coziness it provided.

Repacement solution

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

Self-worth and self-esteem

- Tendency to not feel worth anything
- Tendency to feel ashamed and embarrassed



Ole Brumm

Surrendering

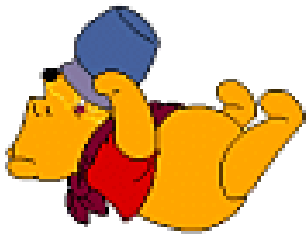
Typical characteristics and properties

Positive properties – Stage 3

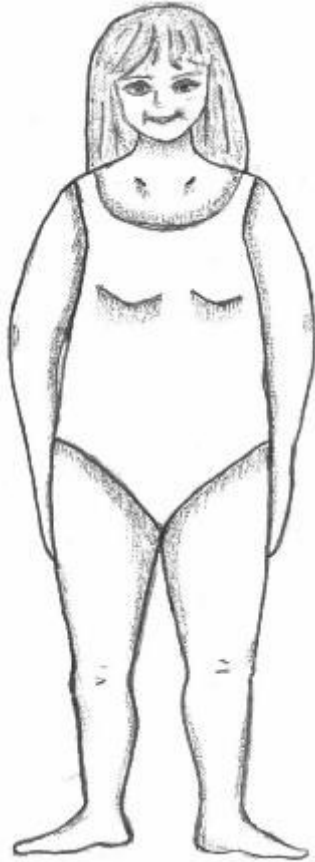
- Create coziness and coziness. Calm moods.
- Has care for everyone
- Round and pleasant
- Good for conversation
- Good diplomats. Sustainable
- Can be good leaders

Negative properties – Stage 2

- Surrenders and submits to the will of others
- Don't trust your own judgment. Asks/involves others.
- Phlegmatic. Indolence and laziness
- Often does not master the details of life
- Talking about the problems more than going into them
- Comfort eating

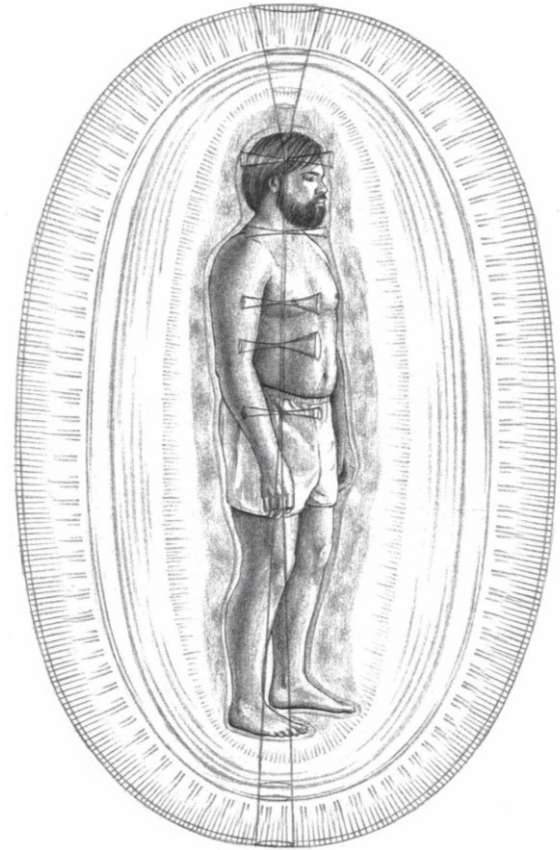


Winnie The Pooh



Typical body:
Thick all over.
Friendly face.

Surrendering



Typical use of the life energy:
Holding the energy back and "letting it pass". This causes the energy field to become large and charged. The emotional layers in the aura are charged more than the structured ones, so judgment and protection become weaker.



Rabbit

Overachieving

The child's life theme in the phase 3 – 6 years:
Do I have the right to be myself the way I am?

The reason for the pattern is that they themselves and their natural feelings were not seen and appreciated at the age of 4-6, but that they received a lot of recognition and praise for what they achieved.

Repacement solution

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

Self-worth and self-esteem

- Self-esteem: Feeling valuable and appreciated.
- Self-worth: Can vary. Can feel worthless if they do not achieve anything



Rabbit

Overachieving

Typical characteristics and properties

Positive properties – Stage 3

- Matter-of-fact, efficient, take responsibility and perform.
- Always smiling and positive
- Focus on achieving good results
- Lots of energy and smiling "always"
- Great self-control
- Likes boy's type of play

Negative properties – Stage 2

- The focus is too much on matter in relation to feelings
- Hardness, emotional coldness and/or arrogance
- Can feel that life is empty and unrewarding
- Can take the fur from others
- Three variations of personality types: The Seducer, The Idealist, or "The Saint"/God-fearing

Overachieving



Rabbit









Typical body
Well-proportioned,
but stiff in the hips
and chest.



Typical use of the life energy:
Keeping mental control. Not having
contact with the core of life, the soul. Be
and do as you should to be "perfect"

The six ego patterns summarized

Winnie The Pooh Character	No.	Egopatterns – negativ og positiv prpperties	Formed by age:
Piglet 	1	Mentally existentially uncertain and mentally/ spritually giftet	-0,3 – +0,3 year
Roo 	2	Emotionally existentially uncertain and socially/artistically gifted	0 – 0,3 year
Eeyore 	3	Malnourished and mentally/analytically gifted	0 – 1,5 year
Tigger 	4	Strong-willed with great implementation power	0,8 – 2,5 year
Winnie 	5	Surrendering and caring	2 – 4 year
Rabbit 	6	Overachieving and responsible	3 – 6 year

Source: Body-oriented psychology developed by Wilhelm Reich in the 1930s-1940s, Lowen and Pierrakos in the 1950s-1960s, Barbara Ann Brennan 1980-2020 and Lisbeth Marcher 1990-present.

The six ego patterns some other typologies

Nr.	Egomønster (negativ side)	Typical positive property	Temperament ifølge antikken og antroposofi	DISA-model	Winnie The Pooh Character
1	Mentally existentially uncertain	Mentally/ spiritually gifted	Melancolic	Analytical (blue)	Piglet
2	Emotionally existentially uncertain	Socially/ artistically gifted	Sanguine	Inspiring (Yellow)	Roo
3	Malnourished	socially/ artistically gifted		Analytical (blue)	Eeyore
4	Strong-willed	implementation power	Choleric	Dominating (red)	Tigger
5	Surrendering	Caring	Phlegmatic	Stabil (Green)	Winnie The Pooh
6	Overachieving	Responsible			Rabbit

To come out of the replacement solution

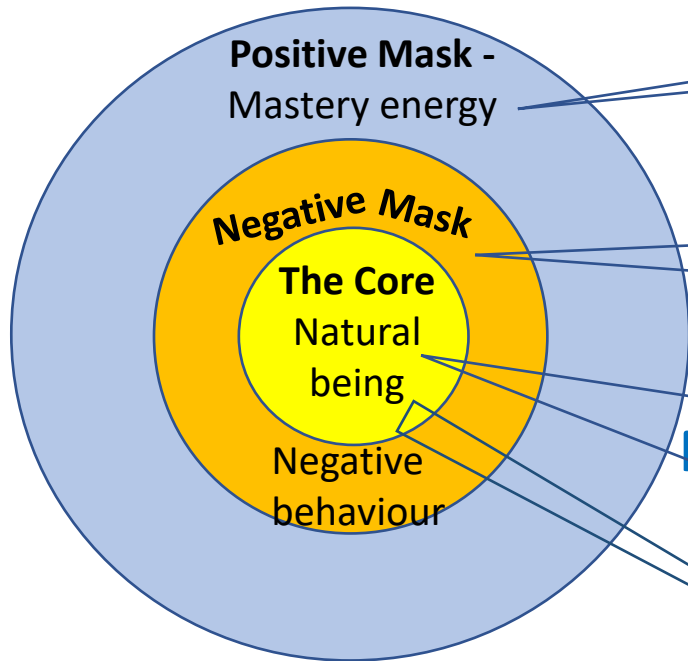
- **Mentally existentially uncertain** Stand by it and take responsibility for your own life and for the community
~~Seeks freedom from responsibility, instead of standing in it and taking responsibility.~~
- **Emotionally existentially uncertain** Love yourself, have close relationships, take responsibility for duties
~~Craving for attention and playing through life, instead of being loved as one is and taking responsibility also for duties~~
- **Malnourished** Seek emotional contact and body contact, in yourself and with others
~~Seeks mental contact rather than emotional contact and body contact.~~
- **Strong-willed** Ask and listen, create good dialogue and cooperation, and be caring
~~Pushes one's will through, instead of mutual listening, care and cooperation.~~
- **Surrendering** Trust your judgement, set boundaries, speak up and take care of deeper needs
~~Looking to have a pleasant and cozy time, even if own needs are not met.~~
- **Overachieving** Take emotional care of yourself and others as well
~~Overresponsibility for plans and matters at the expense of the emotional.~~

You can have a really good life by:

The course Life guidance for our time: **Module 1**

Further develop positive abilities and resources

E.g. stable psyche, inner peace, ability to cooperate, ability to carry out, ability to care, etc.



Module 2

Leaving negative patterns behind you

E.g. worry, fear, grumpy, anger, jealousy, shame, despair, depression, inferiority, low self-esteem, etc.

Module 3

Develop an ability to be in life energy

That is, contact with the life core; our real self, the creative power within us, the heart and the ability to love, the soul and what we really long for, the spirit and the spiritual.

Module 4

Create a better life and a better world from the core: In love and relationship, as a parent, at work and in society.

The course is based on psychiatrist John Pierrako's model of the human psyche



Heart Room Self-development School

Contributes with knowledge and offers guidance in this process.

Å knekke livets kode

Veien til det gode liv, samliv og samfunn

- ✓ Ønsker du å forstå deg selv og andre bedre?
- ✓ Ønsker du å få til et godt samarbeid og samliv?

Ved hjelp av kunnskapen i boken om utviklingsstigen og de seks egomønstrene, vil du kunne få til dette.

Boken gir deg dyp innsikt og menneskeforståelse. Den inviterer deg til spennende læring og utvikling som fører til personlig modning. Det gjør at du kan håndtere livets utfordringer på en bedre måte. Slik kan du få det godt på jobben, hjemme og ellers i livet. Siden indre og ytre utvikling henger sammen, er dette også en vei til et bedre samfunn.



*Etter 25 års samliv er vi fortsatt inderlig glad i hverandre.
Kunnskapen i boken har vært avgjørende for dette.*

Tone Bell Rysst og Per Hjalmar Svae



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PER HJALMAR SVAE OG TONE BELL RYSST

Å knekke livets kode

Å knekke livets kode

*Veien til det gode liv,
samliv og samfunn*



**PER HJALMAR SVAE
OG TONE BELL RYSST**

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Å knekke livets kode



Breaking The Code of Life

A Path to Good Lives,
Partnerships and Society

(The book is in Norwegian)



**PER HJALMAR SVAE
OG TONE BELL RYSST**