

Four Ego Types Quiz

Take this quiz to determine your dominant ego type and learn how each one relates to a limiting belief about yourself. Answer *yes* or *no* and then total the number of yeses.

THE PLEASER

- Do you sometimes say yes when you mean no?
- Do you put other's feelings above your own?
- Are you afraid to disappoint people?
- Do you make decisions based on what you should do?
- Are you afraid to speak up in relationships to avoid conflict?
- Do you feel like you can never do enough?
- Are you concerned about what other people think of you?
- Are you afraid of speaking your truth out of fear of hurting someone's feelings?
- Do you tend to sabotage your success?
- Do you soothe yourself with emotional eating?
- Do you struggle with setting clear boundaries and keeping them?
- Are you in the habit of conforming to fit in or keep the peace?

Total _____

THE VICTIM

- Do you tend to blame others for your problems or circumstances?
- Do you judge people for not living up to your expectations?
- Do you believe that people take advantage of you?
- Are you often mistreated, disrespected or ignored?
- Are you in the habit of complaining?
- Do you tend to ask: "Why me?" when things go wrong?
- Do you get frustrated or stressed out easily?
- Do you feel stuck in any area of your life?
- Do you feel powerless when it comes to changing bad habits?
- Do you have a tendency to repeat negative behaviors?
- Do you believe that disease comes primarily from bad genes?
- Are you in the habit of getting defensive?

Total _____

THE PERFECTIONIST

- Do you compare yourself to others and often come up short?
- Are you afraid of being judged?
- Do you forget to praise yourself for a job well done?
- If you don't do things perfectly do you judge yourself?
- Do you put impossible expectations on yourself?
- Is failure simply not an option for you?
- Do you berate yourself when you make a mistake?
- Are you afraid you won't be loved for who you are?
- Is your value primarily tied to your accomplishments?
- Do you tend to feel anxious, frustrated or depressed?
- Do you work yourself to overwhelm or exhaustion?
- Can you forgive others but not yourself?

Total _____

THE OVER-GIVER

- Do you feel undeserving of receiving blessings?
- Is it hard for you to accept a compliment?
- Do you feel resentful when your giving is unappreciated?
- Are you experiencing a lack of financial abundance?
- Is it easier for you to give than receive?
- Do you sometimes give either to feel appreciated or to feel good about yourself?
- Do you ever give until it hurts?
- Do you have issues with low self-esteem?
- Do you put the needs of others above your own?
- Do you have trouble believing you have value unless you're giving?
- Is self-sacrifice a necessary part of your life?
- Do you feel uncomfortable asking for something you want or need?

Total _____

<u>Type</u>	<u>Belief</u>	<u>New Belief</u>	<u>New Type</u>
Pleaser	Not enough	Enough	Kindhearted
Victim	Powerless	Powerful	Warmhearted
Perfectionist	Unlovable	Lovable	Openhearted
Over-Giver	Unworthy	Worthy	Goodhearted