



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”



e•go — *a person's sense of self-esteem or self-importance.*

Someone with a big ego probably doesn't care how their behavior makes you feel, they cut you off and refuse to see your side of things or they irritate you by going *on and on* about themselves. Interacting with someone with a seriously inflated ego can be a chore and a challenge to keep your frustration in check assuming they should know better. They should, but they don't.

If you find yourself craving attention and always redirecting the conversation back to you, it may be a sign that your ego is controlling you instead of you controlling it.

How to Detect a Big Ego

- You feel elevated from gossiping about other people's flaws
- You find yourself in a feisty discussion and you just can't back down until you have 'won' the argument
- You constantly compare yourself to other people who you feel are better than you – better looking, higher social status, wealthier, etc.
- You constantly compare yourself to people who you feel are not as good as you – less intelligent, lower status, etc.
- You feel jealous when other people do well
- You talk about yourself for 10 minutes before asking another how they are
- You hear people talking but you don't listen
- You often sulk when you don't win that sports game or work challenge instead of being proud of your attempt to do your best
- You set yourself impossible goals and then beat yourself up when you don't reach them
- You blame others when things don't go your way

"The ego is a dragon with one thousand heads. It is a destructive, blinding creature that forces us to believe that we are what we are, only in comparison with others. We spend energy believing this fiction, energy we could be using to enjoy life. What do you have to do to cut the heads of this dragon, overcome your ego, and claim your power back?" - Juan Matus

The Art of Emotional Composure

The answer to cutting the heads off this dragon is right at your fingertips! Refer to the BASIC POWERTAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – claim your power!

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