

Overcoming Ego, Judgment & Opinion

Let go of ego barriers

Printable worksheet · 6 parts

Name _____ Date _____

Cultivating Surrender in Recovery

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PART 1 OF 6

Defining

Part 1: Defining Ego, Judgment and Opinion

1. In your own words, define:

Ego:

Your definition of ego...

Judgment:

Your definition of judgment...

Opinion:

Your definition of opinion...

2. Rate how much each factor impacts your recovery (1-10):

Ego: 5

Judgment: 5

Opinion: 5

Explain your ratings...

3. List three ways these factors have hindered your ability to surrender in recovery:

Part 4: Exploring Opinions and Beliefs

10. List three strong opinions you hold about recovery or treatment:

11. For each opinion, reflect on where it came from:

12. Rate your willingness to consider alternative viewpoints (1-10): 5

Explain your rating...

PART 2 OF 6

Ego

Part 2: Identifying Ego-Driven Behaviors

4. List five ways your ego manifests in your recovery journey:

a. / b. / c. / d. / e.

5. Describe a situation where your ego prevented you from accepting help or feedback:

6. How does your ego influence your self-identity in recovery?

PART 3 OF 6

Judgments

Part 3: Examining Judgments

7. List three harsh judgments you often make about yourself:

8. List three judgments you often make about others in recovery:

9. How do these judgments affect your relationships and recovery process?

Part 7: Practicing Mindfulness

19. Practice observing your thoughts for 5 minutes without judgment. Describe the experience:

20. List three common judgmental thoughts and practice labeling them "Just a thought":

a. Thought: ... Label: Just a thought / b. Thought: ... Label: Just a thought / c. Thought: ... Label: Just a thought

21. Describe one aspect of your recovery you're struggling to accept. How can you practice mindful acceptance?

PART 4 OF 6

Humility

Part 5: Cultivating Humility and Openness

13. What does humility mean to you in the context of recovery?

14. List three ways you can practice humility this week:

15. Identify one area of your recovery where you can be more open to new ideas:

Part 6: Developing Self-Compassion

16. Rewrite one self-judgment from question 7 with self-compassion:

Judgment:

Compassionate response:

17. Create a personal mantra to use when you're being hard on yourself:

My mantra...

18. Write a brief compassionate letter to yourself about your recovery journey:

Dear me...

Part 8: Seeking Feedback and Support

22. Rate your openness to feedback (1-10) in different areas:

From peers in recovery: 5

From treatment professionals: 5

From family/friends: 5

23. Identify one person you trust and one area where you'd like their feedback:

Person: / Area for feedback:

24. List three people who can support you in letting go of ego, judgment, and opinion:

PART 5 OF 6

Vulnerability

Part 9: Embracing Vulnerability and Authenticity

25. Rate your comfort with vulnerability (1-10) in your recovery process: 5

26. Identify one way you can be more vulnerable in your recovery this week:

27. Write about one genuine fear or struggle you're willing to share in your recovery group:

Part 10: Focusing on Progress and Growth

28. List three areas where you've made progress in your recovery:

29. Reframe one setback as an opportunity for growth:

Setback:

Growth opportunity:

30. Set one personal recovery goal that isn't based on comparing yourself to others:

Part 11: Cultivating Connection and Common Humanity

31. Identify three experiences you share with others in recovery:

32. Describe a situation where you felt judgment towards someone. Now, try to empathize with their perspective:

33. List one action you can take to deepen your connection with others in recovery:

PART 6 OF 6

Surrender

Part 12: Surrendering to the Recovery Process

34. What does surrender mean to you in the context of recovery?

35. Identify three personal barriers to surrendering in your recovery:

36. Describe one small way you can practice surrender in your recovery today:

Part 13: Reflection and Commitment

37. How will you increase your awareness of ego, judgment, and opinion in daily life?

38. List three potential benefits of letting go of ego, judgment, and opinion in your recovery:

39. Write a statement of commitment to working on these issues in your recovery:

I commit to...

40. What is the most important insight you've gained about ego, judgment, opinion, and surrender from this worksheet?

Remember: Letting go of ego, judgment, and opinion is an ongoing process. Be patient and compassionate with yourself as you work on cultivating surrender and openness in your recovery journey.