

WORKBOOK

GETTING ACQUAINTED WITH YOUR EGO & THE SUBCONSCIOUS MIND

SHADOW WORK



Kelly Bramblett



GET TO KNOW THE INSTRUCTOR *KELLY BRAMBLETT*

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Kelly Bramblett is a trauma support coach and spiritual mentor who works with people from all over the world struggling with unresolved wounding. She does this by gently guiding them to healing, peace, and self-love through her one on one coaching. In addition to this, Kelly also writes a weekly spiritually based blog and is the host of Kelly Bramblett's High Vibe Podcast, which can be heard on all major streaming platforms.

Kelly's mission is to help spread a message of hope to the hopeless and inspire others to heal the collective by first healing themselves.

Kelly is a fully certified General Life Coach, Trauma Care Specialist, Law of Attraction Practitioner, EFT Practitioner, and a Level Three Usui Reiki Master Teacher.

Kelly's first book, *Alchemy of The Phoenix: From the Ashes of Trauma to The Light of Love*, was released July 1st, 2020, and continues to offer further support for trauma survivors worldwide.

You can learn more about Kelly's work by visiting her website at www.kellybramblett.com

MIND MAPPING



Mind mapping is the name I coined for the focused process of non-judgmental observation. The mind mapping exercise aims to bring awareness to the subconscious narrative created around past painful experiences and trace triggering to the originating source for healing purposes.

How the Process Works

Emotions are the window into the subconscious mind. While we will never fully understand those thoughts, we can use our emotions to alert us to tune in and then shed light on our ongoing background narrative.

For the next week, you will become the non-judgmental observer of your thoughts by tuning into emotional shifts, taking note of both positive and negative changes. Often these emotional shifts are caused by a person, place, situation, or other external sources. As these shifts are observed, you will pause and reflect on the exact thought happening when the emotional change occurred. It's vital you understand that this observation should be done from the energy of curiosity and never judgment.

Once you have completed one full week of mind mapping,, you will work through the information provided to address limiting beliefs, conditioned thinking, and toxic narratives.

Three Key Questions of Mind Mapping

1. What emotional shift did I experience?
2. What, if any external situation contributed to the shift?
3. What were the thoughts I was having that triggered the shift?

Mind Mapping Worksheet

**WHAT IS THE
EMOTIONAL
SHIFT**

**WHAT ARE THE
EXTERNAL
CONTRIBUTING
FACTORS**

**WHAT ARE THE
THOUGHTS CENTERED
AROUND THE SHIFT?**



THE THREE STEPS AT A GLANCE

Step One

Bring awareness to the trigger, limiting belief, or toxic narrative.

Step Two

Trace the trigger, limiting belief, or toxic narrative back to the originating source or trauma.

Step Three

Replace the toxic thought with one that empowers, uplifts, and is a reflection of the desired mindset.

WORKING WITH AFFIRMATIONS AND MANTRAS

Use the space below to create your affirmations and mantras

THREE STEPS TO REWIRING THE BRAIN

Once you have completed the mind mapping exercise, it's time to address the newly discovered limiting beliefs and conditioned thinking presented. It's likely you have had the current narrative for a very long time, which means this way of thinking has been physically ingrained in the biological brain.

Mindset work takes time and consistency. Using cognitive behavioral therapy methods will help create new neuropathways, ultimately rewiring the brain to think in a way that will support their healing.

This method is a three-step process you have already begun through the mind mapping exercise. The first step is bringing awareness to the limiting belief or unhealthy thought processes.

The second step is to trace these toxic narratives back to the originating source or wound. This step requires you to ask yourself exploratory questions that will guide you to this discovery. The third step is to create new statements to replace the old way of thinking. Affirmation and mantras are great tools for this kind of work. Create one to three affirmations you will work with and use them anytime you observe your limiting beliefs or toxic narrative showing up. Remember, this takes time, so stay patient and keep with it. Consistency is the key to success with this method.

Journal Exercise

Rewriting your story is another excellent way to begin a new inner dialogue. Using the information gathered from the mind map, write a new story that reflects a healthier or desired mindset. This handwritten story should be written in the present tense.

Triggering

Triggers include things like being easily frustrated with a certain person or people, or feeling uncomfortable emotions such as anger, fear, annoyance, anxiety, and panic. You will use these same steps to treat identify and treat triggering.

UNDERSTANDING THE EGO

On a primal and physical level, the ego has ensured our human existence serving as a vital role in our survival. That nagging voice that installs fear and feeds the fight or flight instinct came in handy for our ancient ancestors when survival was a difficult task.

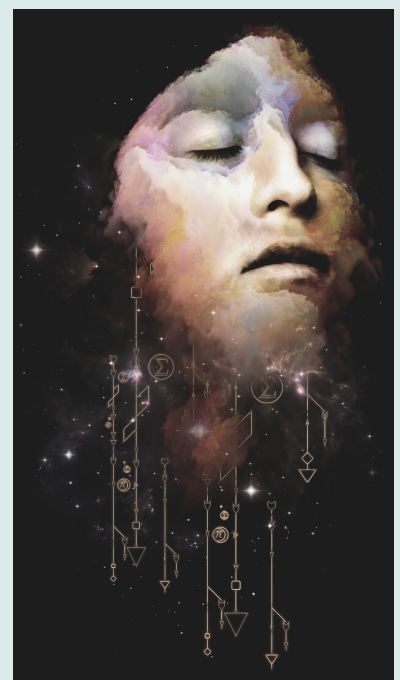
The ego is a detrimental part of humanity. Understanding this makes it easier to appreciate the role the ego plays. It also helps us put things in perspective because most of the fear we face in our day-to-day lives is no longer a matter of life and death.

In the modern-day world, it is much easier to have our basic needs met, including things like shelter, food, and protection from predators. This is why today's ego is focused more on perceived threats than actual life or death concerns.

Your ego is the most fearful and protective aspect of who you are. Nervous energy combined with protective energy doesn't always make for a great combination when living a high vibe lifestyle. The ego will react to challenges and deep-rooted fears as if your physical life is in danger, and most of the time, this is just not true.

What do I mean by this? Think of the last time you had a heated argument with someone. Now, think about that burning desire that bubbled up from your gut that motivated you to have the last word, prove your point, and insist on being heard in your anger. That instinct is so strong in us that everything else flies out the window, and we become careless in our words because of the ego's irrational need to be proven right, to be heard, and to feel validated. Even if you think you "won" the argument, that validation never comes. In thinking of your previous experience in a heated discussion, ask yourself why it was so important that your opinion be heard and validated by the other person involved. Chances are, looking back now, it was over something that you can see was not that important and probably not worth all the upset. Yet, in the moment, nothing felt more important to you. That need to be right is the instinct of ego reacting as if your argument was a life or death situation.

This concept may sound too crazy to believe, and you may be thinking to yourself- "I knew I wasn't in physical danger at any time during that argument." But, on a primal level, you were made to feel this way, and your behavior is the proof.



UNDERSTANDING THE EGO

Continuing to use the argument as an example, you would have approached the situation with totally different energy if you had tuned into your inner guidance and practiced the pause.

It would have been one of love, compassion, and acceptance. You would have understood that it's okay to disagree and that your opinion is just that, an opinion. One that people have a choice to agree or to disagree with. That's the acceptance piece.

Any action that is not taken from a place of love comes from the ego's energy.

When you fully understand this, you can begin to consciously tune into the energy of love so that you can clearly hear the voice of your intuition in all that you do.

Each time we confront the voice of our ego from the space of love, we are allowed to learn and grow from the lessons being presented.

You did not come here to be a perfect being and learn nothing. You came here to experience many different things, grow, learn, and expand. The ego makes this expansion possible.

Ego Versus Inner Guidance

You may have heard your inner guidance system described as intuition or a gut feeling. The internal guidance system is the light to the ego's dark, creating the sacred balance within each of us.

The sacred balance of light and dark is represented in every fiber and layer of the Universe.

It is where you decide to focus your intentions and thoughts that dictate which of the two will be most prevalent in your experiences. In each passing moment, you choose either to tune into your inner guidance system or tune into the voice of ego.

I don't want to villainize the ego. Darkness is just as important because it provides the contrast we each need to recognize our light.

Your ego provides you with the most important lessons you came here to learn.

The ego is just as much a part of you as your inner being is while you are here on earth, so it is essential to honor and love your ego as well. Think of your ego as your fearful companion who is well-meaning but shouldn't be taken seriously very often.

When you turn inward, leaning into your inner guidance, you are tuned into love, you are clear thinking, and your motives always support what is for the highest good of all. When you are tuned into your ego, you are operating from a place of fear, and your motives will be self-serving.

The thing about your ego compared to your inner being is that your ego likes to throw fits and demand to be heard, so when you are faced with challenges in life, it is the ego's voice that is often heard first. Your inner being patiently waits for you to learn your lesson and then find your way inward for guidance.

Working with the shadow can be difficult initially because it is often uncomfortable. This discomfort is what causes so many to avoid doing shadow work altogether. Building a healthy understanding and relationship with your ego will ease the work you do in the shadows.

To begin building a relationship with your ego, I suggest creating a name for it. For example, I have named my ego Mildrid. Anytime you feel triggered, rejected, competitive, less than, unworthy, emotionally needy, or

Evaluating Your Ego

Journal Prompts

When someone challenges you, what is your most common first response?

How difficult is it for you to witness an opinion that differs from your own without speaking up against it or challenging the person expressing it?

Do you notice that you compare yourself to others, either making you feel better or worse about yourself in the process? What does this look like for you?

How often are you triggered by the actions of others around you, and how do you react to triggering?.

Write Your Ego a Love Letter

Building a loving relationship with the ego is important. Use this worksheet to write your ego a love letter by filling in the blanks.

Dear, (name of your ego)

Thank you for always wanting to keep me safe. I understand that you are concerned about

I want you to know that... (fill in the rest with a loving and reassuring message)

Soothing the Ego with Three Easy Steps

1. Acknowledge your ego with love. What is your ego saying?

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2. Address the fear by asking your ego what it is afraid of.

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3. Reassure the ego.

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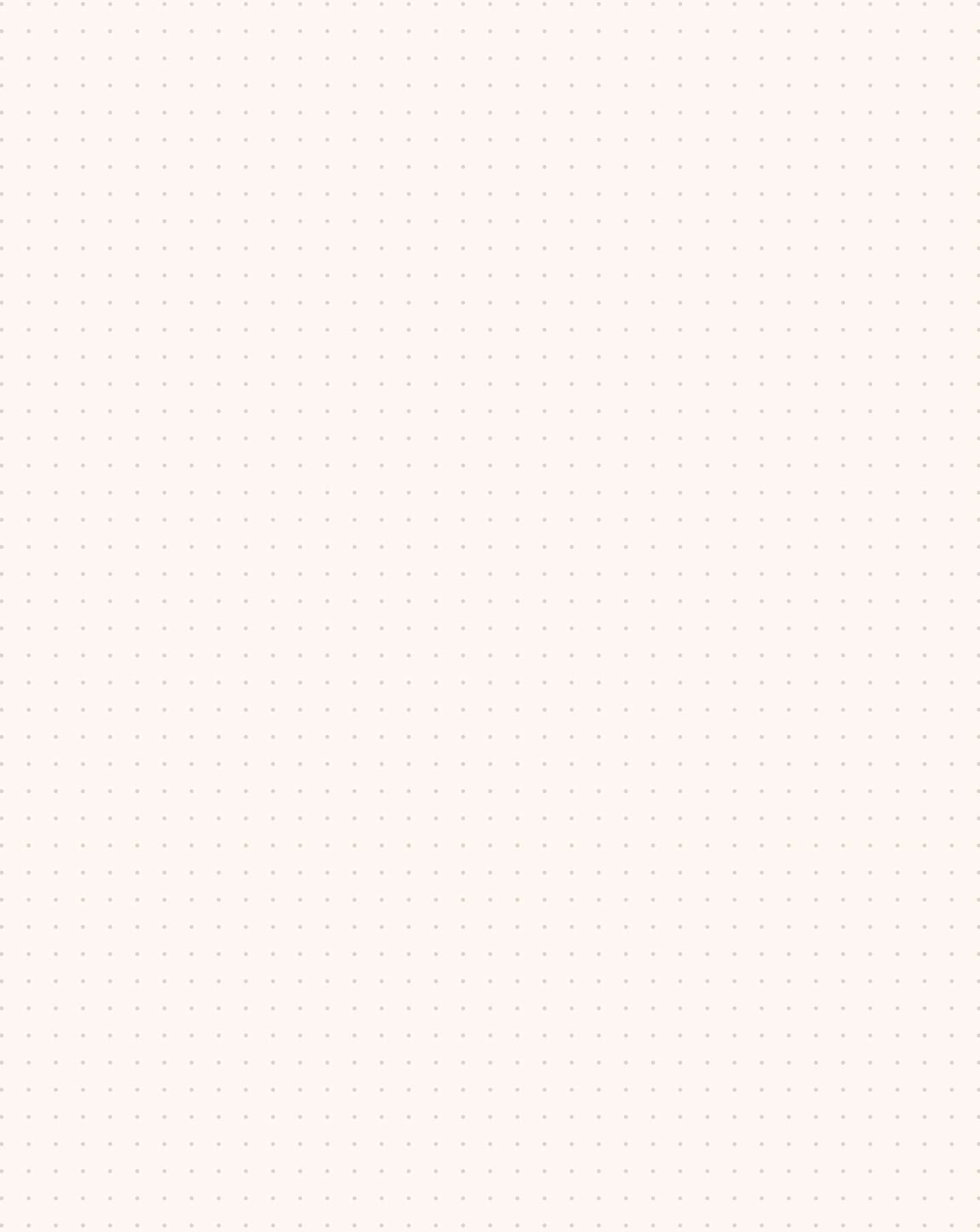
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Homework

- Practice observing the ego with out judgment.
- Use the three easy steps to soothe your ego when it's activated.
- Continue sending love to the ego as your awareness grows.
- Mind mapping process

Notes



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