

# TRIGGERS:

## EGO OF PERFECTION:

- At times "shoulds" get into our way & causes us lots of frustrations. Moving forward with "what is" on the actual moment can be helpful.
- Our ego might have painted in our mind a child of our fantasy, which may be causing lots of tension between us & our child.



We want to befriend our ego, talk back to our ego & gain awareness of its existence within us. **The point is not to try to get rid of it. The point is to take conscious decisions as parents with as much self awareness as possible.**