

Exploring Beliefs, Projection and the Ego's Defense System

Week #9 Handout # 3

ACIM states that projection is the tool used by the ego's thought system to create our world. It is used to maintain our belief in separateness and our specialness.

Objective: To learn to recognize how we utilize projection as a basic attack mechanism in both defensive and offensive situations. To understand our operating beliefs in these same areas.

Expected results: Insight about how we operate in conflict situations, the recovery of our personal well-being and the recovery of our ability to act as decision –maker.

Instructions:

A. List three errors that you frequently observe in others.

- (1) _____
- (2) _____
- (3) _____

Question: Are there times you refuse to recognize these errors in yourself?

B. List three ways you react to defend your “rightness”.

- (1) _____
- (2) _____
- (3) _____

Question: Are these reactions Helpful (H) or Impeding (I) in restoring personal inner peace? Mark each reaction with either (H) or (I).

C. List three ways you act, when you are trying to persuade another person about certain things or beliefs about yourself.

- (1) _____
- (2) _____
- (3) _____

Question: What beliefs are causing you to doubt these things about yourself?

D. List three areas, which you feel are unresolved or remain in conflict.

- (1) _____
- (2) _____
- (3) _____

Question: What beliefs are needed for creating the circumstances surrounding these unresolved areas?

Question: Are these reactions Helpful (H) or Impeding (I) in restoring personal inner peace? Mark each reaction with either (H) or (I).

E. List three people, groups or organizations that you feel have deserted you.

- (1) _____
- (2) _____
- (3) _____

Question: What beliefs keep you from forgiving them?

F. List three experiences that seem to be repeated often in your life

- (1) _____
- (2) _____
- (3) _____

Question: What beliefs would someone hold that would create these experiences?

Question: Are these reactions Helpful (H) or Impeding (I) in restoring personal inner peace? Mark each reaction with either (H) or (I).

For discussion or consideration:

(1) When I am quick to find errors in others, have I failed to correct these same errors in myself?

(2) When I am quick to find errors in others, do I utilize this to escape or cover-up my own errors?

(3) Does defending my rightness cost me my inner peace?

(4) When I experience conflict and struggle in my world, have I refused to take personal responsibility for how I view my world?

(5) When I feel rejected, separate or alone, have I failed to forgive? Or, rather have I reacted judgmentally?

(6) When the same uncomfortable events repeat themselves over in my life, there is a lesson to be learned. What lessons could I learn from the areas of conflict in my life?
