



Sense of Self-Help Course

Quiz Questions and Answers

INTRODUCTION

Quiz

1. *What is a Sense of Self?*

A Sense of Self is the unwavering awareness that you are your own person with your own past, present, and future with your very own criteria, opinions, preferences, tastes, and the art of knowing how to use that as a source from where to live. This can be instilled during childhood or learned later in life by reconditioning your Self. *Do you think you have one? What is your answer at this point in time?*

2. *What in your life matters most to you?*

What do you hope to change through taking this course? We invite you to answer these for yourself as candidly as possible to set an initial benchmark for yourself. You can consider the themes of relationship, family, work, creativity.

What are the most important aspects of the Learning Agreement you have made with your Self?

Again, we invite you to answer this for yourself and let this be your first benchmark and starting point. What areas of focus are active in your life?



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UNIT 1

Quiz

Here are three questions to verify (for yourself) whether you have a good understanding of the concepts of Unit 1:

1. *How can you solve many of your issues?*
You can solve many, if not all, of your life issues when you know WHY you do WHAT you do.
2. *Why is it important to be completely honest with yourself?*
It is of the utmost importance that you be completely honest with yourself because that will determine whether or not you will get the result you are aiming for: to solve the issues that led you to take this course. Most people have a need to feel good about themselves at all cost and therefore it is very tempting to cover up the hard-to-face truths about yourself, about your family or loved ones. But in order to benefit from the work with the SoS Method you need to be committed to finding and facing that ultimate truth.
3. *WHY is knowing the reason for WHY you do WHAT you do, of importance?*
Knowing WHY you do WHAT you do sheds a light on your ultimate motivation. It shows you WHAT you are all about. Motivations can be healthy or unhealthy. Unhealthy motivation leads to problems. In order to enable yourself to shift from an unhealthy to a healthy motivation you need to get to know your WHY for things.

Here are three reflective questions to deepen your understanding of Unit 1 as it relates to your Self. These questions are very personal and meant to reflect what is going on for you after being exposed to the Sense of Self approach.



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1. *After cataloging some of your daily activities, which one do you have the most emotion attached to?*
2. *How do you feel when you encounter obstacles when performing activities that are important to you?*
3. *Do you have certain reactions when you are unable to perform an activity in your normal manner? How would you prefer to react?*

UNIT 2

Quiz

Here are three questions to verify (for yourself) whether you have a good understanding of the concepts of Unit 2:

1. *When can a Sense of Self be Natural?*

When you are allowed to develop naturally as a person and get the support from your parent/caregiver necessary to develop your Sense of Self. As you grow up your Sense of Self grows up with you and becomes an intrinsic part of who you are.

2. *What is a Lack of Sense of Self and what effect does it have on a person's life?*

A Lack of Sense of Self is the absence of an ongoing, inner knowing that "I am my own person and that I am a 'real,' independent human being" because that sense was never developed. People with a Lack of Sense of Self are enmeshed with the values and wishes of their parent/caregiver (or substitute for those) and don't have the capacity to do, or even to know, what they want. They look constantly to others for direction, ideas, and standards to live by. They seek to avoid conflict, and serving others at their own expense takes its toll on them.



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3. *Is pleasing your parent/caregiver always a good thing?*

Pleasing your parent is a good thing when you act from a Healthy Sense of Self. Being pleasant to someone else is always a good thing if there is a healthy intention behind it. However, when you come from a Lack of Sense of Self, chances are that you want please your parent to get their approval so you can feel better about yourself. This is a pathological condition that you need to get rid of as soon as possible.

Here are three reflective questions to deepen your understanding of Unit 2 as it relates to your Self:

1. *Now that you have learned what a Natural Sense of Self is, can you think of someone you know who has one?*
2. *Are you a “people pleaser”? How does this affect your life?*
3. *Whose approval is most important to you?*

UNIT 3

Quiz

Here are three questions to verify (for yourself) whether you have a good understanding of the concepts in Unit 3:

1. *Describe in a few words what an Early Childhood Survival Strategy is.*
The ECSS consists of conclusions drawn subconsciously by infants/toddlers about how to get their needs met when they do not feel acknowledged as separate (unique) human beings by their caregivers. It is in this period that acknowledgment becomes confused with approval as the next best thing to get. This process becomes the foundation for an



unhealthy way of experiencing the Self.

2. *What is Mirroring and why does it matter?*

Mirroring is the subtle, mutually subconscious process by which the caregiver conveys to his or her child a sense of either being a means to fulfilling the caretaker's emotional needs or being a "real" and unique person—a sense that the infant accepts as the truth of who he or she is. If you could talk to your parent/caregiver from an early age, the very first questions you would probably want to ask them are: "Do you see me? Do you accept me for who I am?"

3. *How are Mirroring and Early Childhood Survival Strategy linked to one another?* The ECSS is generated because the child's need of being acknowledged is not met due to inadequate mirroring. The strategy in ECSS is about the child's decision to mold itself in such a way that it has a greater chance to live up to the caregiver's conditions for the sake of getting their approval.

Here are three reflective questions to deepen your understanding of Unit 3 as it relates to your Self:

1. *What do you think some of your own ECSSs were?*
2. *What are some of the specific things you had to do to fulfill your caretaker's (emotional) needs?*
3. *What is something you can do to get in touch with your Self? By knowing WHY I do WHAT I do, and then seeing how that doesn't serve me anymore I can make different decisions and become my own "goal" in life.*



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UNIT 4

Quiz

Here are three questions to verify (for yourself) whether you have a good understanding of the concepts in Unit 4:

1. *What is Motivation?*

In general, motivation is what creates an incentive or urge to do or avoid something. Motivation is the drive that determines behavior.

2. *Describe the difference between Direct and Indirect Motivation.*

Direct Motivation is ordinary, simple, and based in the present. There is no agenda to fulfill a subconscious need based in the past.

In comparison, Indirect Motivation is not what it appears to be: instead, the real motive is to get to the temporary emotional state that substitutes for a lasting sense of being a “real” person.

3. *How does Indirect Motivation relate to your Sense of Self?*

Motivation and Sense of Self are very closely related. Your Motivation is direct when you are doing the things based on a Natural or Healthy Sense of Self. You do things for the purpose of doing them and not for any other reason.

When you have a Lack of Sense of Self you are Indirectly Motivated because you are doing things to get the approval of your parent/caregiver.



Here are three reflective questions to deepen your understanding of Unit 4 as it relates to your Self:

1. *What are some activities or behaviors that you are Directly Motivated to do? Think about why you have a healthy relationship with those activities or behaviors.*
2. *What are the most common emotions or sensations you experience when you are Indirectly Motivated? Think about what the root cause of these feelings could be.*
3. *Which action or behavior that you are Indirectly Motivated to perform do you most want to change?*

UNIT 5

Quiz

Here are three questions to verify (for yourself) whether you have a good understanding of the concepts in Unit 5:

1. *How was the SoS-term “Ego-Reference” born?*
“Ego” is another word for “identity”; that which we refer to when we say “I.” The word “Reference” in Ego-Reference is used to explain the function of the word. An Ego-Reference is a reference to the self when we do not have a healthy Sense of our Self.
2. *Are Vehicles real cars?*
No, a Vehicle is not meant as a real car. We call something a Vehicle when it is an action or a behavior that is performed to show off one of your Ego-References. For example: In “sending thank you notes promptly” to prove that you are thoughtful—“sending thank you notes promptly” is the Vehicle for the Ego-Reference “show that you are



thoughtful and gracious” (as opposed to what you perceive your caregiver thinks of you).

In “keeping a neat and tidy house” to prove that you are an organized and together person, “keeping a neat and tidy house” is the Vehicle for the Ego-Reference “showing that you are an organized and together person” (contrary to what you perceive your caregiver thinks of you and disapproves of).

3. *Where do you go in them or what are they used for?*

Vehicles are opportunities to perform and demonstrate that we can “do it” or “be it,” so you are always looking for Vehicles to use in the moment. You want to prove to that significant person in your life that you “are not the way you think they think you are.”

4. *What important concept of the Sense of Self Method are Ego-References and Vehicles closely related to?*

EgoRefs and Vehicles are closely related to (Indirect) Motivation and ECSS. EgoRefs are based on decisions that became a strategy to get approval in early childhood. Vehicles are opportunities to perform or demonstrate those strategies so you can get the desired approval.

Sometimes you create Vehicles and sometimes you use Vehicles that are already in existence. For example, you can wash your father’s car to get his approval (Indirect Motivation). The car needed to be washed anyway. But you can also go up to your father and create a Vehicle by offering to wash the car for him. You might mention that “it’s so dirty” but in reality you just created an opportunity to feed yourself on your father’s approval.



Here are three reflective questions to deepen your understanding of Unit 5 as it relates to your Self:

1. *Which of your EgoRefs causes you the most anxiety?*
2. *What are some of the Vehicles you use to carry out this particular EgoRef?*
3. *How do you think it would affect you if you no longer lived with this EgoRef?*

UNIT 6

Quiz

Here are questions to verify (for yourself) whether you have a good understanding of the concepts in Unit 6:

1. *What is the relationship between a Hidden Agenda/Hidden Goal and Indirect Motivation?*
Indirect Motivation means that you do things for reasons other than the most obvious and your Hidden Agenda (to show of how well you can do that) is the real motive. Why do you want to do that? Because your ultimate (Hidden) Goal is to make your caregiver change their minds about you and finally accept you for who you are.
2. *How does “Feel-good-about-self” show up in your awareness after you get approval?*
“Feeling-good-about-self” shows up as moments of temporary relief from the compulsion to perform to perfection in order to keep a specific person feeling okay with you so, again, you will receive his/her approval.

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3. *What is likely to follow this state?*

The need to “Feel-good-about-self” is close to a compulsion so after a brief sense of relief you feel the need to live up to that condition and prove you can do it over and over again. “Feeling-good-about-yourself” ranges from being excited about the outcome of an achievement or about a positive encounter with your parent to feeling temporary relief from the strain of having to perform your life to perfection. After a brief moment of relief, there is the urge to prove it again or the fear that you’ll screw it up.

4. *What is needed to change your old patterns of thinking and behaving?*

It is first necessary to recognize your old patterns of behavior then take an inventory of the ways in which you get your needs for approval met. Realize that those ways have become your Ego-References. List those Ego-References and discover what your Hidden Agendas are. Based on your findings, get insight on what your Hidden Goal is and start to see that this goal doesn’t serve you in the present time at all. Now you are motivated to shift to a more Self-serving goal.

5. *What is a good way to started with it?*

Find the driving force behind what you do on a daily basis and acknowledge how it is influencing your current reality. Find an answer to the question: “Where exactly do the incentives to live up to certain rules and conditions originate from?” Verify, and if necessary, acknowledge that the rules you apply to your life and the conditions you use as criteria are not (always) based on your own opinion. Get that insight and then recondition your Self to *think with your own mind* and



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feel with own heart; let your own voice and self-expression break through. Most of all, be totally honest with yourself.

Here are three reflective questions to deepen your understanding of Unit 6 as it relates to your Self:

1. *Can you think of a Hidden Goal that was transferred to you by your caregiver?*
2. *Do you suspect someone in your life has a Hidden Agenda? What could it be?*
3. *What makes you “Feel-good-about-yourself”?*

UNIT 7

Quiz

Here are five questions to verify (for yourself) whether you have a good understanding of the concepts in Unit 7:

1. *When people are Enmeshed with their caregivers, what do they try to be?*
In an Enmeshment situation, the child has not become separate from the caregiver and is dependent on their approval to have a sense of being alive (Fgas). To achieve that the child does things to get their caregivers' approval or just to be looked upon in a kindly way. The Enmeshment exists because the child has not been provided the building blocks for the development of a Healthy Sense of Self. These strategies to gain approval become part of the child's "self" when in Enmeshment with the caregiver.



2. *Give a few practical examples of how Enmeshment with a parent can show up in a child or adult.*

In an Enmeshment situation the child has internalized a parent or caregiver's preferences. To identify with the parent as if he/she were themselves, they might eat what the parent likes and never develop their own specific tastes. They do things the parent likes because they are more concerned about their parent/caregiver than about themselves, and as a result they have never learned what it is to truly like something. Unfortunately they are not aware of this predicament and think that that's who they are.

3. *What is the root cause of Enmeshment?*

The root cause of Enmeshment lies in the fact that the parent or caregiver is unable to get out of his/her own world and really see the child as an independent, potentially self-sufficient human being. The parent stays in control of the child, never giving them full autonomy. Consequently, the child is unable to develop a Sense of him or her Self so they never develop a psychological spine. The videos in Unit 7 offer a graphic representation of this process. We encourage watching these videos to fully understand the process that leads to Enmeshment.

4. *In a child/adult with a Lack of Sense of Self, how does internalizing a parental voice take place?*

As we know a Virtual Internalized Parental Voice is created from the often repeated verbal and nonverbal messages through which parents talk to their children. These messages become almost hardwired in the child's mind so that they are perceived as an unquestionable truth about and by the child. For example, a repeated reproaches from the mother to

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the child: “You are always sick; you always create problems; you are a bother; you always make trouble!” After a few years the mere accompanying facial expression of the caretaker is able to trigger this “fact” about the child in their mind.

5. *How does a Virtual Internalized Parental Voice typically manifest?*

It can show up simply by the replication of the opinions, tastes, and preferences of the parent and use those for self-judgment. It can also show up as symptoms in the body that are the result of tension because of the fear experienced should the child (and later the adult) go against the parent’s values. These parental values are now part of surviving in the world by way of getting approval. Tension in the neck and shoulders, back aches, and headaches are all symptomatic indications of the existence of a Virtual Internalized Parental Voice.

Here are three reflective questions to deepen your understanding of Unit 7 as it relates to your Self:

1. *In what ways do you feel you may be enmeshed with your caregiver?*
2. *What attempts have you made to do things differently from your parent? Have you vowed to never do something your parent did?*
3. *When do you hear/feel your VIPV most strongly? In what situations, if any, do think you sense your authentic feelings or preferences?*



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UNIT 8

Quiz

Here are questions to verify (for yourself) whether you have a good understanding of the concepts in Unit 8:

1. *Sum up the concepts that are involved in becoming dependent on a Substitute Sense of Self (SSoS) for your Self-experience.*

The concepts that are involved in becoming dependent on a SSoS are as follows: First there is the inadequate Mirroring of the caregiver that results in a Lack of Sense of Self in the child. And, for the child, that means fear of Annihilation, which causes an urge for approval (to be included), which allows the child get a perceived sense of being allowed to be. So then a dependency on approval starts to develop as the child has to repeat this cycle to create a sense of safety. During the first (six) years an Early Childhood Survival Strategy starts to develop in which the child figures out how to get approval and makes it their strategy. This in turn makes the person dependent on performing their Ego-References with their Hidden Agenda, the end goal being to reach their Hidden Goal that functions as a Substitute Sense of Self.

2. *How is Annihilation related to a death-like experience?* Annihilation is meant, in the SoS Method, to express the terror of being perceived as and experienced as alive but non-existing. It means being present in your body and as a body but your essence not having an impact among others. It is like living but not being seen and heard.
3. *Why does the Fear of Annihilation play such a sabotaging role?* The Fear of Annihilation is responsible for an excessive amount of tension in your



life. The fear of losing your Sense of Self or not being able to gain it (based on your less-than-good performance) adds tremendous stress to the task or behavior you (want to) perform.

The Fear of Annihilation makes you work from Indirect Motivation, which means you are not doing a thing for the thing itself but you are doing it for the Hidden Goal. This means that 60% of your effort is lost on the goal of your activity (to do well) and as such it increases the likelihood that you will fail.

4. *Describe the relationship between (the Fear of) Annihilation and the Hidden Goal.*

The more rejection by the caregiver (resulting in a stronger sense of Annihilation) the stronger the need to reach the Hidden Goal of getting the acceptance/approval of the parent. By not really being “seen” by their caregiver, a child already feels non-existent and has become extremely dependent on the approval of the caregiver, which, in case it is refused, aggravates the Fear of Annihilation.

For example, a child engages in activities the parents disapprove of and is punished/threatened for it: “If you don’t stop this I will ground you.” Now think of a child already dependent on approval because it has no Sense of Self, now again nobody inquires or listens to what the child has to say about her motivation, her feelings, her fears. The message “Just comply with the rules and that is an order!” confirms that the child is not taken into account as a real existing being; it increases her dependency on parental approval and takes away even more of whatever is left of her “Self.”



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5. *True or false: Once you experience the Substitute Sense of Self you are fine!*
False, the Substitute Sense of Self (SSoS) is a placeholder for the real Self-experience. It fills in the emptiness where a Sense of Self should have been. It provides an artificial spine that you can base your choices and decisions on, but these choices are not really yours. Depending on a SSoS for your self-experience needs to be healed at all costs.

Here are three reflective questions to deepen your understanding of Unit 8 as it relates to your Self:

1. *When do you experience the Fear of Annihilation, if at all?*
2. *What do you do when you get stuck in trying to avoid Annihilation and your Substitute Sense of Self takes over?*
3. *Which fears are most difficult for you to deal with?*

UNIT 9

Quiz

Here are three questions to verify (for yourself) whether you have a good understanding of the concepts in Unit 9:

1. *Where does the Distorted Mirror fit in the Substitute Sense of Self-oriented System?*

The Distorted Mirror lies at the very beginning of the development of the SSoS-oriented system because the child is reflected by the parent based on the needs of the parent and not on what the child really is. This means that the child isn't in a position to develop a Sense of Self and

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becomes dependent on the parent's approval by trying to fit into the Distorted Mirror.

- 2. What are some parts of a Substitute Sense of Self-oriented System?*
Your list may include: Self-blame, inauthenticity, Annihilation, the Fear of Annihilation, Early Childhood Survival Strategies with the accompanying Ego-References, Hidden Agendas, Hidden Goal, Vehicles, Virtual Internalized Parental Voice, "Feel-good-about-self." Various behavioral or emotional aspects like anger, rage, depression, compulsion, high stress, anxiety, self-sabotage, erratic behavior, fear of your own behavior, fear of your own emotions, fear of other people's behaviors and emotions, fear of failure, fear of not being able to function. Anything else that causes and/or results in a Lack of Sense of Self.

- 3. In the course of fulfilling a Substitute Sense of Self-oriented Goal (Hidden Goal), what are the key beliefs you have that keep you repeating your behavior over and over?*

The key belief is that you are in need of your caregiver's approval because if you don't get it, you feel Annihilated, so it feels like a matter of life and death. And that is also why you are in agony if you are unable to live up to your Ego-References and realize your Hidden Agenda.

Here are three reflective questions to deepen your understanding of Unit 9 as it relates to your Self:

- 1. Did you experience any resistance when working through the activity?
How did you move past it?*
- 2. Can you sense when you are stuck in the SSoS-oriented System?*
- 3. Which of the SSoS-oriented fears is most difficult for you to deal with?*



- 4. Remind yourself of the goal you had when you began taking this course.
How are you doing with that?*