

WHO'S REALLY DRIVING?

5 Insights into what's Running Your Life

A guide for anyone who's still feeling unsatisfied
despite having achieved so much.

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THE SIGNAL YOU'VE BEEN IGNORING

Most people would say they are tired from work, commitments and responsibilities, which can be true. More truthfully however, they're tired from trying to become enough, to be enough, by performing those very roles, meeting expectations and chasing yet another goal or another milestone.

But if you've ever hit a goal you'd been chasing for months and felt nothing that really lasted, found yourself asking "why don't I feel the way I thought I would?" or quickly jumped to the next goal thinking, "this will be it" - then this guide is for you.

Maybe you recognise some of these:



- An internal pressure you carry that seems to always be there
- You're beginning to find the roles and titles you fill in life don't mean as much as they used to
- Comparing yourself to others, but feeling you can never keep up
- Feeling flat, or even empty, right after something you worked hard for
- A nagging sense you're falling behind, even when you're not
- Rest that doesn't actually feel restful or stillness that feels almost unsafe

You may see some of these as indicators that something's 'wrong' with you, that you're doing life wrong in some way (or life's doing you wrong) or that you should be more grateful for what you have in life.

But that's not the case.

What it means is something has been running your life and dictating how you feel. Something that's gone unchecked and been operating on autopilot most of your life.

It's called the Ego. And once you can see it, you stop being its passenger to then experience life with more meaning, more heart and more inner peace.

THE EGO

WHAT IS THE EGO (AND WHY IT'S DRIVING)

While the word Ego often conjures up thoughts of arrogance, grandstanding, and self-inflated importance, it's much more than that.

It's the identity your mind built, piece by piece, in childhood out of every message you absorbed about who you needed to be to stay accepted and safe. It came about from every experience you had and how you interpreted that experience. Every emotion you felt that became rules and beliefs about how life should work and how people should behave around you or towards you.

It created your own self view, your sense of confidence, belief and how much love you hold for who you are.



It formed before you were old enough to question it or filter what was useful, relevant and true. This is called 'conditioning'. And the conditioned mind, the Ego, has one job - protect the story it built about who you are.

And to succeed at that job, it needs constant proof, which is the very trap that keeps you stuck, restless and feeling like you can't find your way out of a life that just may be starting to weigh on you.

*“When I earn more, then I can relax.
When I'm chosen, then I'll feel secure.
When I'm further ahead, then I can
breathe. When I just get to that next
point, then I can take my foot off the
pedal”*

The life condition changes — money, approval, appearance, achievement — but the belief underneath is always the same: that your worth is something you have to earn, rather than something you already have within you regardless of what you prove through your actions, words or ability to 'fit in'.

And that belief can't be solved from anything or any condition outside of you. Every win just moves the goal posts. Every milestone becomes the new baseline for what you now need to feel okay.

This is the achievement treadmill — running flat out, getting nowhere internally yet exhausting yourself in the process.

5 INSIGHTS TO GET YOU STARTED

Understanding this intellectually is the beginning. It creates awareness of what's happening within you which then paves the way to identifying how it plays out in your daily life – affecting how you feel, the quality of your relationships, your work, your sense of clarity, ease and inner peace.

These five insights are where it starts to create an invaluable change from within you — the moment you catch the pattern in action and see it for what it is.



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YOU ARE NOT YOUR THOUGHTS



Your ego treats every thought as fact, and some with an undeniable strength. It can genuinely be hard not to believe that voice telling you what's what or what you should do. But the real fact is, these thoughts are largely false.

Because thoughts are literally just commentary — filtered through conditioning and often coloured by fear. Like a dossier of information that's no longer useful.

The moment you can watch a thought with curiosity or intrigue, instead of being swept away by it, you've found the gap where choice lives. The choice to create a new thought, new facts about who you are, what's good for you, what you can do, what your true qualities are and the real beauty in what life is about.

A choice that when made, can gain incredible momentum because you begin to see how much better those new choices help you feel. You begin to create a way of being that is different but almost infectious because it energises you and brings new life to how you feel.

“The moment you can watch a thought with curiosity or intrigue, instead of being swept away by it, you've found the gap where choice lives.”

02 YOUR REACTIONS REVEAL YOUR BELIEFS

“That's what it means to be powerless, when the actions of others and life itself control how you feel.”

When something triggers a strong negative emotion in you, it isn't really about the other person or situation you're in. But you will find, even in reading this, that your ego will fight that reasoning, arguing for every justification as to why that person or situation made you feel a certain way.

But the emotion or feeling you're experiencing is pointing straight at a belief or a wound that's ready to be looked at. The emotion is telling you there is a part that wants to be healed and healing, is ultimately what sets you free – not the negative reaction you had towards the person or situation you feel 'deserved' it.

For example, if a person is condescending to you, talks down to you and 'makes you feel' stupid or inferior. That person is simply being who they are. What their behaviour is doing though, is touching a pain point (a wound) from your past where you felt disrespected, insecure or even afraid. That person's behaviour is simply a reminder, a trigger to a memory your personality/your psyche has stored. And not until such time as you release yourself from the hold that memory has on you, not until you give it the nurturing and permission it needs to be released, you will continue being triggered by certain behaviours and say 'they made me feel this way'.

But if you see emotions as a signal to what needs letting go from within you, this is what eventually brings you back to feeling empowered again. An empowerment that's not fleeting or needs proving, but the kind that's grounded and unwavering.

03 THE EGO FEARS WHAT YOU NEED MOST

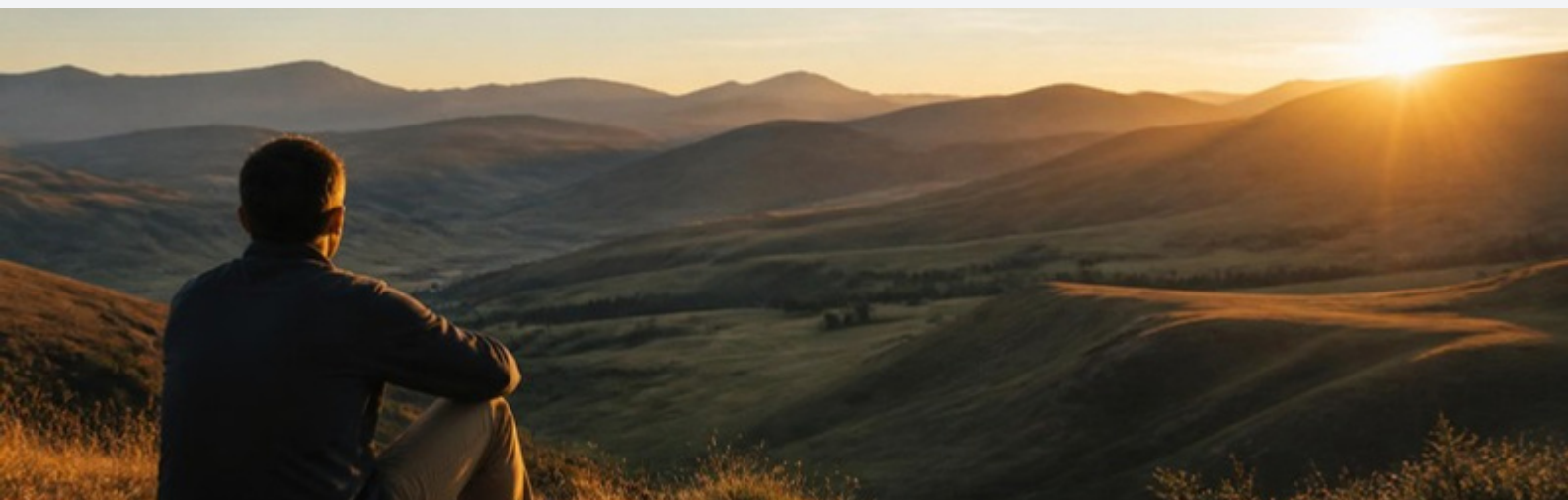
Stillness. Vulnerability. Rest. Authenticity. Being truly seen. These are exactly what the ego resists because it derives your value, your worth from 'doing', from output, achievement or being productive. Its entire existence depends on upholding an image – "I'm ok, I don't need any help, I'm always right, I have to look polished, I have to win"

It exercises restraint, because you once learned in a moment of free self-expression that you were unacceptable. It believes that asking for what you want is rude, greedy or it means you're ungrateful for what you already have.

But these are all very outdated, antiquated and quite simply untrue virtues around what it means to be a 'good person' and therefore acceptable/valuable. Virtues built on mistruths or misinterpretations that only serve to keep you limited in one way or another.

Thankfully though, the ego's resistance to what actually serves you – such as rest, vulnerability or being fully seen, without restraint – isn't a flaw within you that needs to be fixed, it's information. Information about a more honest truth that exists within you.

And awareness of that fact is what leads to real freedom. Recognition that the negative feelings or thoughts you have about yourself, are just musings of the mind that bear little truth about who you really are. That the truth of who you are, what you deserve and the depth of freedom you can experience, runs far deeper than the egoic mind can ever imagine.



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AWARENESS AS THE BEGINNING OF FREEDOM

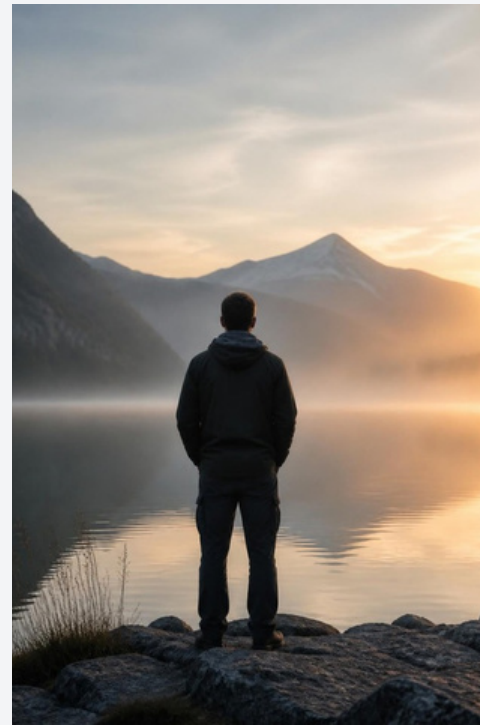
You can't change what you can't see. So, the moment you become aware of an unhelpful pattern, a negative belief or a jaded perspective you have about yourself or life in general, instead of just blindly living it, is the moment you see it.

And this is the moment you begin taking away the ego's energy to exist. It starts to lose its grip, not all at once, but gradually.

You'll notice things that once bothered you, no longer do. A topic of conversation that once worried you, no longer has that emotional charge to it. A situation you used to avoid, now seems a little easier. A routine you felt safe with, is no longer as important to your sense of security.

You begin to sense there's more freedom and peace within you, without the ego at the helm of your life. You begin to feel that most of what you 'need' isn't so important anymore, that there's more to you, and your life than what you've been living.

Awareness truly is the key to freeing yourself from the dominance your Ego has over your life.



05

YOU'VE ALWAYS HAD THE POWER TO CHANGE

You are not fixed. You're not your past choices, decisions, actions or bound by the ideals of those closest to you. You're not stuck as you are or stuck where you are. Your life circumstances are not permanent.

The ego however wants you to believe otherwise, because a fixed identity feels safer than one evolving, growing and expanding. Because an expanding self, is a threat to the ego's existence.

The ego genuinely believes it's dying when you do something that doesn't exist in its playbook. When you begin to question the familiar patterns, beliefs, choices, actions and behaviours that are the very foundation of your ego's existence.

This is the very definition of going outside your comfort zone, and it's why healing, processing, letting go, and seeking what is necessary growth, is so difficult. The ego is fighting you every step of the way, guarding you from the unfamiliar, protecting you and shielding you. Evoking anxiety, fear and even dread in the face of what is different yet it sees as 'dangerous'.



05

YOU'VE ALWAYS HAD THE POWER TO CHANGE

But it's a fallacy and you've always had the power to change, the power to choose differently. It's just the voice of your ego you've trusted in your entire life that has you believe otherwise.

Your true nature however, will have you yelling from the tree tops, going anywhere you feel drawn to or pursuing whatever makes your heart sing. It has no fear and doesn't require you to perform a certain way or prove your worth through your actions. Your true nature is unwavering in its unconditional love and acceptance of you, just as you are.

Awareness and choice — consistently practised — creates a different life for you. It gives you the power to change. It opens you up to new possibilities, new opportunities and ultimately alignment with your true nature. And who doesn't want to feel that!

*“Awareness
and choice
create a
different life
for you.”*

WHERE THIS LEADS

Reading this is a beginning but not the whole journey. It's designed to hopefully inspire you to see that there's more within you. Not the type of 'more' that requires more action or more hustle. That there's **more depth, more substance, more joy, more love** within you. That you can feel so much more at peace within yourself, regardless of whether life is going to plan.

And many people never step back far enough to even notice the system that's been running their lives — the fact that you're here means you already have, you're already called to make a change, which is incredible for you.

But understanding has to become practice, and practice has to become a way of being. Because the only way your life can change to be what you've been seeking all along, is to go within. To self-reflect, to process, to heal and to let go. To see what the nature of your ego really is.

That's what creates the **ultimate shift** in your life.

And that requires deeper work. It requires seeing the conditioning underneath your specific patterns, seeing why rest feels unsafe or why you've learned to perform instead of being yourself.

So, if you'd like to start looking at yourself a little deeper, **The Ego Trap: Breaking Free From Conditional Worth** — is a practical guide offering seven practical shifts that start loosening the ego's grip - taking you from insight into real, lived change.



You do not need to
become more to be
worthy now.

You were never one
achievement away from
being enough.

You are already enough.

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