

MEN...how fragile is your ego? Why?

1. Are you self aware? Can you embrace your strengths and weaknesses?
 2. Do you know who you are in Christ?
 3. Are you emotionally and spiritually healthy?
 4. I understand the difference in Passive, Aggressive, and Assertive.
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Daniel 5:27 – You have been weighed on the scales and found wanting.

Ecc 7:18 - It is good to grasp the one and not let go of the other. Whoever fears God will avoid all extremes.

The **fragile ego** is one in which there is an intense (almost obsessive) fear of rejection, criticism, abandonment, and failure. While all of us fear these things, for a narcissist it is so much more as they are unable and incapable of reconciling anything that does not measure with their self perception of perfection.

As a Christian, I define self esteem as having confidence that I am who God says I am.

It's not dependent on my own abilities (because those can be so unreliable!), but instead on knowing that God will equip me for the work He has set out for me to do.

Rom 12:3

For I say to every man that is among you, through the grace given unto me, not to think of himself more highly than he ought to think, but to think soberly according as God hath dealt to every man the measure of faith.

Jeremiah 17:7

But blessed is the one who trusts in the Lord, whose confidence is in him.

Psalm 139:13–14

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Isaiah 32:17

The fruit of that righteousness will be peace; its effect will be quietness and confidence forever.

Here are my 5 techniques to learn to let go of our egos and enjoy life.

1. Practice forgiveness & letting go. "The weak can never forgive. ...
 2. Practice honesty and being open. ...
 3. Surrender your need for control. ...
 4. Enjoy silent moments with yourself. ...
 5. Practice gratitude.
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What is a fragile personality?

Being emotionally **fragile** means you have a hard time managing difficult emotions: Little bits of worry throw you into cycles of anxiety and panic. Small bouts of sadness lead to spirals of self-criticism and depression.

Borderline Personality Disorder (BPD)

If you have BPD, everything feels unstable: your relationships, moods, thinking, behavior—even your identity.

If you have borderline personality disorder (BPD), you probably feel like you're on a rollercoaster—and not just because of your unstable emotions or relationships, but also the wavering sense of who you are. Your self-image, goals, and even your likes and dislikes may change frequently in ways that feel confusing and unclear.

People with BPD tend to be extremely sensitive. Some describe it as like having an exposed nerve ending. Small things can trigger intense reactions. And once upset, you have trouble calming down. It's easy to understand how this emotional volatility and inability to self-soothe leads to relationship turmoil and impulsive—even reckless—behavior.

When you're in the throes of overwhelming emotions, you're unable to think straight or stay grounded. You may say hurtful things or act out in dangerous or inappropriate ways that make you feel guilty or ashamed afterwards. It's a painful cycle that can feel impossible to escape. But it's not. There are effective BPD treatments and coping skills that can help you feel better and back in control of your thoughts, feelings, and actions.

Do you identify with the following statements?

- I often feel “empty.”
- My emotions shift very quickly, and I often experience extreme sadness, anger, and anxiety.
- I'm constantly afraid that the people I care about will abandon me or leave me.
- I would describe most of my romantic relationships as intense, but unstable.
- The way I feel about the people in my life can dramatically change from one moment to the next—and I don't always understand why.

- I often do things that I know are dangerous or unhealthy, such as driving recklessly, having unsafe sex, binge drinking, using drugs, or going on spending sprees.
 - I've attempted to hurt myself, engaged in self-harm behaviors such as cutting, or threatened suicide.
 - When I'm feeling insecure in a relationship, I tend to lash out or make impulsive gestures to keep the other person close.
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6 Habits Making You Emotionally Fragile

1. Trusting your thoughts

If you think about all the people you interact with in your life, you probably don't trust them all to the same degree:

- Maybe you have high levels of trust in your best friend and your spouse.
- Moderate levels of trust in your manager at work.
- And a low level of trust in used-car salesmen.

In life, it's normal (and smart) to trust different people to different degrees.

Well, the same is true of your own thoughts...

Not all of your thoughts deserve to be trusted equally.

Emotionally resilient people understand that they shouldn't blindly trust every thought that crosses their mind.

If you want to stop being so emotionally fragile, cultivate a healthy skepticism of your own thoughts.

2. Relying on coping skills

A common trap that emotionally fragile people fall into is relying on coping skills to feel good.

A coping skill is a technique or strategy you use to temporarily feel better:

- Doing some deep breathing exercises when you feel stressed.
- Repeating your positive self-image mantra when you feel bad about yourself.
- Texting your therapist when you're feeling down and can't seem to shake it.

3. Breaking promises to yourself

Emotionally fragile people often struggle with low self-esteem.

And while there are many initial causes of low self-esteem, there's one thing that almost always keeps people stuck in it:

People with chronic low self-esteem have usually gotten in the habit of breaking promises to themselves.

4. Going with the flow

There's nothing wrong with being easy-going sometimes. But if you always find yourself "going with the flow" and following the lead of others, you're probably keeping yourself emotionally fragile.

The problem with always going with the flow is that it's a lie.

When you habitually defer your own wants and needs for other people's, you're lying to yourself and others about your true desires and values.

5. Reassurance-seeking

Emotionally fragile people often get stuck in the habit of asking for reassurance anytime they feel scared, sad, or upset.

On some level this makes sense: If you don't trust yourself to manage difficult feelings well, and someone else you do trust tells you everything's going to be okay, that's an awful tempting strategy.

But chronic reassurance-seeking has one major downside:

Every time you ask for reassurance, it's a vote of no-confidence in yourself.

6. Staying busy all the time

One of the least well-known habits that leads to emotional fragility is constantly staying busy.

People in this habit never let a minute go by without having something to do. And they keep their schedules so packed that they never have any space for mental downtime and the chance of being alone with their own thoughts.

While this constant activity and preoccupation can make you feel productive and on top of things, it's often just a mask for something unhealthy:

Constant busyness is often a primitive defense mechanism for avoiding painful feelings.

NARCISIST... Here's how to tell if you fit the symptoms.

1. You have fragile ego

The stereotype of a narcissist is that they are completely self-centred and full of themselves.

Although the narcissist feels superior to others they're generally unsatisfied with themselves, [therefore they don't take criticism very well and get angry or upset with knock-backs.](#)

2. You're easily flattered

Narcissists love being the centre of attention and take compliments very well.

They'll believe every word of a compliment and take it at face value - [even if it's ridiculously exaggerated.](#)

3. You're over the top

Most narcissists love to make a big deal out of everything, making everything over the top.

It comes down to loving attention, and they'll do anything to get it from others.

Narcissists often see themselves as heroes and try to stand out due to their exaggerated sense of self-importance. Hence why some aren't over the top, and can seem more quiet and reserved.

Dr. Zlatan Krizan, an associate professor in the Department of Psychology at Iowa State University, told [HuffPost](#) that narcissism expresses itself in two different ways: grandiose - where bragging and showing off is exhibited, and shyness where a person might not be out there with a bullhorn, but is sitting in the corner, fantasising about when their day will come, and resenting others.

4. You get jealous and you're very competitive

Most people get jealous from time-to-time, but for a narcissist this is extreme.

Narcissists have a constant need to compare themselves to others, rather than justifying their success on their own terms.

Hence, they tend to be sore losers whether that be with regard to a friendly game of scrabble, a relationship or a promotion at work.

Speaking to [Time](#), Psychotherapist Dr. Joseph Brugo, author of *The Narcissist You Know* said:

They [the narcissist] have to make themselves out to be superior to somebody else. In a relentless quest to prove their dominance. The opponent could be a stranger or someone you love. That compulsive drive to come out on top (no matter who ends up on bottom) makes it difficult to celebrate other people's successes, like, say, your college pal's beautiful new house—because in that moment, someone else is the "winner."

5. You're not empathetic

Narcissists don't really care about how others around them feel, generally they only care about getting their own needs met.

Due to this, they can be very manipulative in getting what they want, and make every conversation about themselves.

Dr. Joseph Brugo also said

They feel compelled to talk about themselves, and they exaggerate their accomplishments.

You might find yourself embellishing your stories, spinning them to impress your audience.

You paint yourself as the boss's most trusted advisor, the most flexible yogi in your class, the most popular neighbour on the block. These fabrications are easy to excuse as little white lies that help you tell a better tale. But really they serve a riskier purpose: to shore up an idealised version of yourself that distracts you from the intolerable fear that you are actually not good enough

6. You get pleasure from putting others down

Genuine narcissists tend to put others down in [order to validate themselves and inflate their sense of self-worth](#).

However, due to their fragile egos, narcissists can give it much better than they can take it.

7. You exaggerate your achievements

Sometimes being a high achiever can trigger narcissism, however, [most narcissists exaggerate their achievements because they love to be congratulated](#), and never miss an opportunity to brag.

8. You're obsessed with power

There is nothing wrong with having high standards or being ambitious. However, narcissists have a distorted self-image and see themselves achieving the impossible.

Speaking to [Health.com](#), Dr. Karyl McBride, who's written two books on narcissism said:

It's one thing to shoot for the stars, and then work your butt off to get there. It's quite another to believe you are destined for greatness. That type of grandiose assumption is a classic symptom of narcissists. They tend to believe they are naturally special, and part of an elite class that deserves only the best. They fantasise about how much more powerful they will be, how much more beautiful, how much richer.

9. You like giving advice, even if it's not asked for

Being helpful is one thing - giving unwanted advice is another.

A narcissist always thinks they're a little more in the know than anyone else, this is particularly prominent when they think they know a lot about the subject at hand.

Hence [they tend to give unsolicited advice.](#)

10. You're impatient

"Whatever a narcissist's needs are, they need to be met now," Dr. Karyl McBride told Health.com: "They want automatic compliance because they are that important."

As they think everything related to them is especially important, they think everyone should prioritise their schedules around them.

11. You hold a grudge

People with genuine self-confidence don't care what others think, [but a narcissist's self-worth is all about their idealised vision of themselves](#), so they feel like an insult on any scale is a huge attack.

12. It's never your fault

Narcissists [won't be held accountable for their mistakes](#) and will always try to shift the blame.