

## HEALTHY

1. Level of Liberation - Ego transcended - balance/freedom
2. Level of Psychological Capacity - Ego as particular mode of being - choice of how to be
3. Level of Social Gift - Ego operating in constructive way - sublimating ego

Wake  
up  
Call

## AVERAGE

4. Level of fixation - Ego role assumed - falling asleep - losing contact with presence
5. Level of interpersonal conflict - Ego controlling environment to support self - manipulative/defended
6. Level of overcompensation - Ego inflation, demanding others and reality support it - aggressive defence

Red  
Flag

## UNHEALTHY

7. Level of violation - Ego willing to violate self and others to maintain itself - abusive/desperate
8. Level of DeulSION and compulsion - Ego loses touch with reality - out of control - personality disorder
9. Level of pathological destructiveness - Extreme pathology and/or death