

ID, EGO & Superego Worksheet

1. List five behaviors you might do in any given day. These represent the compromises your Ego makes on a daily basis.

- a.
- b.
- c.
- d.
- e.

2. **Based upon the five things you listed above** identify what your ID would rather do.

Remember your ID wants pleasure regardless of the consequences. *These can be hypothetical.*

- a.
- b.
- c.
- d.
- e.

3. Finally, **based upon the five things you listed in section 1,** list the ways in which your Superego would rather behave. Remember, your Superego would want perfection and what's best for society rather than yourself. *These can be hypothetical as well.*

- a.
- b.
- c.
- d.
- e.