

Ego Addiction

Ego Addiction is when a person becomes addicted to the feeling of self importance. We call it ego addiction because having too much ego becomes a bad habit and a person who has an ego addiction will sacrifice reality for an inflated sense of self importance.

Cults use Ego Addiction to control their members. They give people an inflated sense of self importance. They are told that they were "chosen by God" and that they are part of an elite group of God's warriors who are on some sort of holy mission to fulfill some divine plan. That they are the good and holy people who are "at war" with the "enemy" who is "evil" and under the control of "Satan" or some other demonic powers. You believe that you as an individual are playing an important role in this apocalyptic battle between the forces of good and evil and can only win if you maintain your {In:Faith} in what you are told to believe. You are told that if you {In:Doubt} then evil wins.

If this describes your situation then you have a problem with ego addiction. Your role in the real world is far less glamorous than you ego-addiction suggests. Consider that life in the universe is probably so sparse that if this planet were to blow up it is likely that nothing out there would even notice, let alone care. So even though our role in the universe isn't nearly as thrilling as your role might be, at least we aren't wasting our existence being someone else's sucker.

The Church of Reality takes the position that if we focus on what is real and continue to evolve then some day we might become something far greater than what we are today. But we can't get there if we allow ourselves to indulge in an inflated sense of self importance. We give up being important so we can get some real work done.