

# Map of Humans Inner World

Zoran Salopek, Vida Demarin

Međunarodni institut za emocionalnu zrelost, Vrhovec 18/1, 10000 Zagreb

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**Correspondence:**

Zoran Salopek  
info@zoransalopek.com

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**ABSTRACT**

This paper presents a new model, rather a map of our inner world. Through the *truth*, the paper will explore how our internal motivation shapes our experiences and, consequently, our level of maturity. Furthermore, the paper explores and describes the specific *ego challenges* that we all face on the path to self-actualization, fueled by fears that unconsciously steer our life. More importantly, this paper examines the self-actualization skills that ego and our *ego challenges* are meant to teach us. In conclusion, it emphasizes the importance of emotional intelligence and proposes new model as a solution for overcoming ego and contributing to emotional maturation or raising one's awareness.

**KEYWORDS:** *Truth. Ego. Emotional intelligence, Fears*

**SAŽETAK:**

KARTA UNUTARNJEG SVIJETA ČOVJEKA

Ovaj rad predstavlja novi model, odnosno kartu našeg unutarnjeg svijeta. Kroz istinu, rad će istražiti kako naša unutarnja motivacija oblikuje naša iskustva i, posljedično, našu razinu zrelosti. Nadalje, rad istražuje i opisuje specifične izazove ega s kojima se svi suočavamo na putu samoostvarenja, potaknute strahovima koji nesvjesno upravljaju našim životom. Što je još važnije, ovaj rad ispituje vještine samoostvarenja koje nas ego i naši izazovi ega trebaju naučiti. Zaključno, naglašava važnost emocionalne inteligencije i predlaže novi model kao rješenje za prevladavanje ega i doprinos emocionalnom sazrijevanju ili podizanju nečije svijesti.

**KLJUČNE RIJEČI:** *Istina. Ego. Emocionalna inteligencija, Strahovi*

### INNER WORLD MAP

All that we are and how we think and feel today, how we behave and all our emotions and the consequent words and actions are again only a consequence of our level of maturity, that is, experience. To understand our thoughts, emotions and behavior, it is important to understand our inner world. It starts with what is seen, our personality and our emotions.

Emotions are an inseparable part of human personality. Or are they not? On the one hand, all our or other people's bad decisions, all the mistakes we made or that were made to us, all the pain we experienced or caused to others came from our or other people's emotions. Emotions are like mud in a clear glass of water. When the glass and the water are clean, everything we see, we see it as it really is. We see ourselves, the people around us and the events in a true and clear way. When emotions gets our water dirty and turbulent, everything we see through the murky water of emotions, positive and negative, is wrong and distorted (Holiday, 2021; Winnicott, 1971). Even though everything is distorted and we cannot see anything clearly, we do not know it until the emotion passes. Due to our emotions, we have not seen reality as it really is, but have created an image of how it could be, how it was, how we think it should be, and we do not see the "naked" and "cold" *truth* that would solve all of the above problems caused by emotionality. People often refer to their own emotionality as an advantage without realizing that it is the manifestation and solution of the problem (Pervin, Cervone, & John, 2008).

On the other hand, because of love and understanding, commitment and acceptance, people are ready to face mortal fears. They are ready to sacrifice their whole lives because of their passion, and even give their lives away for their children. Due to a sincere feeling of gratitude, they are ready to devote their whole lives to complete strangers or give away all their possessions, and because of love, people are ready to make superhuman efforts (Colman, 2003).

Due to the lack of clarity, all human reactions are pushed into the same basket in the existing models of emotions (Plutchik's model of emotions as example). Thus, anger and stubbornness, resentment, acceptance and gratitude all end up there. Nevertheless, that is not the *truth*.

It is true that anger is an emotion that we physically feel and as such is a consequence because it is always triggered by an external stimulus and has a limited lifespan. It is there only to warn us that we have deviated from the *truth* and that our current perception is not correct, and to start looking for the cause of our anger. It is also the *truth* that stubbornness is not an emotion, but rather our emotional state resulting from our current level of maturity. It is mental and more permanent, but changing that state is the very meaning of life. Resentment is an *ego challenge* and the cause of our stubbornness and anger. Acceptance and forgiveness are skills that we must learn by studying them in

order to stop holding grudges and thus stubbornness and anger will automatically disappear just as any effect disappears by solving the cause. Gratitude is state, not an emotion, that we receive as a reward when we learn acceptance and forgiveness, and thereby remove our resentments (Mehmood – Shaukat, 2014).

It is crucial to remember that we cannot influence our personality and level of maturity, at least cognitively and to a greater extent, directly, but only by silencing the ego, i.e. facing our fears, and personality and level of maturity will develop as a result of overcoming these fears and learning skills of self-realization. So we cannot train gratitude, joy or stress resistance, but we need to face our fears and learn acceptance, forgiveness and similar skills. Gratitude, joy or emotional stress resistance will come as a reward for the fears we have overcome. By the same logic, we cannot influence much the way our personal and business success will unfold, but we can mature and success will happen as a consequence of our maturing.

In order to completely categorize every human reaction as a consequence or cause of our maturity, in Figure 3 one can find a detailed map of our inner world with a diagram of emotions, clearly listed *state of ego* and *state of love* (personality), and *ego challenges* that are the causes of our personality and emotions and the skills we need to learn. Additionally, the fears that are the causes of all our *ego challenges* and emotional intelligence as a solution for overcoming our fears are clearly listed (Kardas et al., 2019).

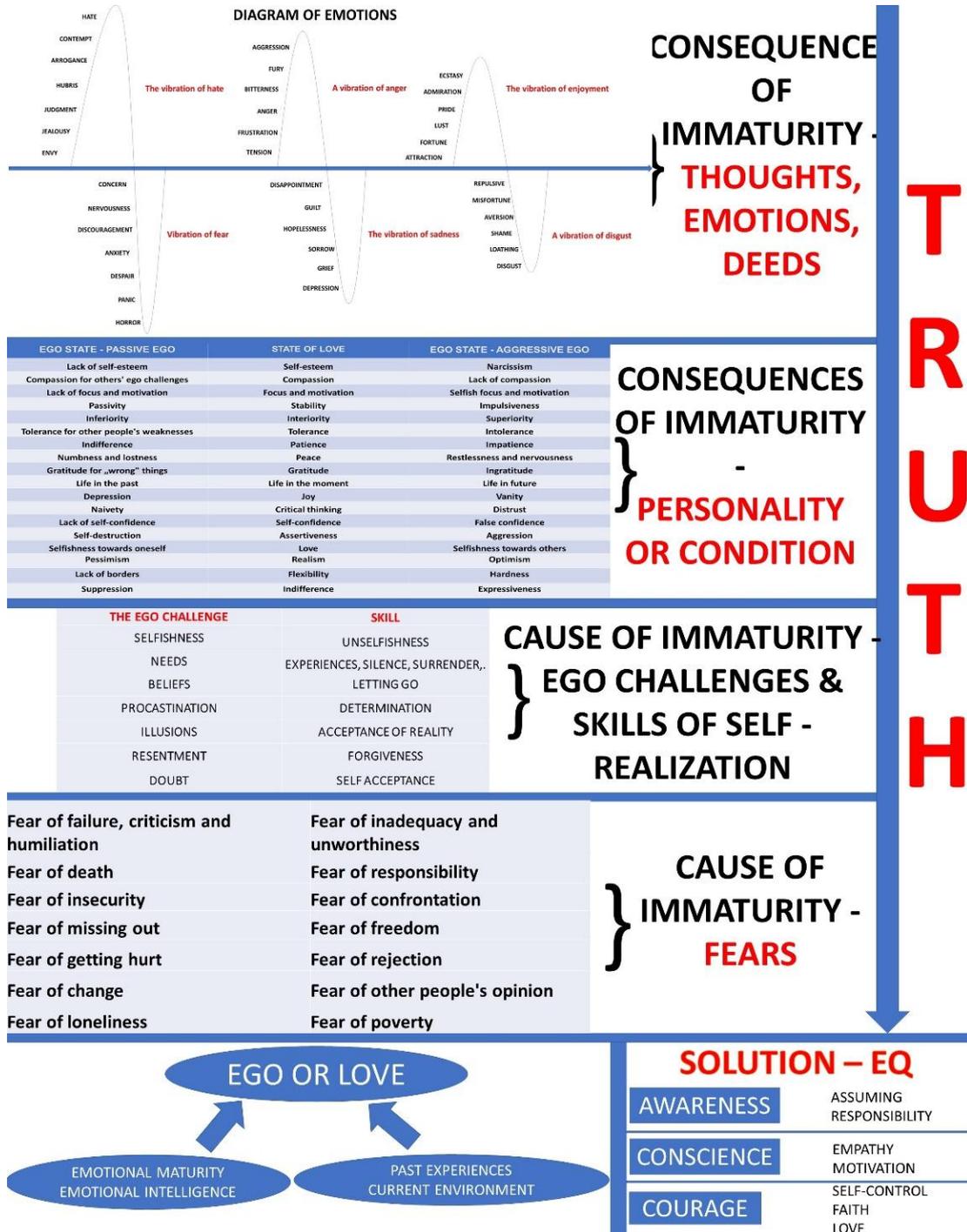


Figure 3. Map of the inner world

ZASTO FIG 3, NASTAVLJA SE NA PRVI RAD?

The map outlines our inner world; for example, we are stressed because we constantly expect a lot from our family or life. We have expectations because we have a strong need for control due to the fear of the unknown. So the *ego challenge* is to face its need for control and learn the skill of letting go. It is up to us to face our expectations, not the resulting anger and what it causes in our business and personal lives. This means that when we learn the skill we need (letting go) and thereby remove the cause (the need for control and consequent expectations), the consequences (stress and problems at work) will disappear by themselves. That is how we get to know ourselves and mature, raise our own awareness. Therefore, the goal of self-actualization is emotional maturation by learning the skills that will allow us to understand the skill of love, and this is possible only if we follow the *truth*.

## TRUTH

By following the *truth*, we gather experiences and consequently mature. Wise men have always said the same thing. Jesus said: "Know the *truth* and it will set you free." Socrates declared: "We follow the *truth* wherever it leads us." Buddha said: "Follow the path of *truth*. Think about it. Make it yours. Live it. It will always take care of you." The great psychoanalyst Wilfred Bion said a long time ago that the whole of psychoanalysis and psychotherapy is nothing but a great search for the *truth* (Bion, 1962). It is only with it that it is possible to achieve true recovery. Nevertheless, the problem is that the message can be lost if it is misinterpreted. So what is really the *truth*?

The simple *truth* may be that we are really not good enough for a job, or maybe we have outgrown our environment and need to leave. It can also be the *truth* that in our insecurity we are often angry and frustrated or aggressive and intrusive. The *truth* may also be the fact that we have no consciousness or conscience. Maybe even no courage. It may be that we criticize each other a lot, and are unable to forgive each other. The *truth* is also that we often do not manage our own lives. If we are arrogant, the *truth* is that we behave that way because we want to be better than others out of our own insecurity.

*Truth* requires a deep dive into ourselves to discover what genuinely motivates and drives us. For example, if, due to fear of loneliness, we remain in a bad relationship, let us not be surprised by the misunderstanding and dissatisfaction we feel. The *truth* is that the fear of being alone causes us to suffer. If we are not living the life we want because of fear of change, let us not be surprised by the depression we feel. Although this is often unacceptable to us, the *truth* is that in the outside world the only constant is change. Attachment to the current state or fear of stepping into the unknown only brings suffering. The *truth* is also that our fear of taking responsibility can be our biggest challenge right now.

The *truth* is also that we are quite disconnected from ourselves and our own potential if we have accepted the belief that mate-

rial things or beliefs are the way we will prove our worth. The *truth* is also that selfishness towards others is a weakness, just like selfishness towards oneself. The *truth* is that doubt is the biggest inhibitor of personal growth, but also that we are the only ones who can silence it.

The *truth* can also be the fact that something is simply not important. The *truth* is objective, honest and benevolent for all who can accept it. It exists beyond our emotional reactions to our own fears. It is real, regardless of how we perceive it. It leads us out of unconsciousness and introduces us to a life of complete maturity (Jung, 1998). The *truth* is the way.

There are many *truths*, and we often do not like them. We thus look in the other direction as if the *truth* will go away. It never leaves. No matter how much we ignore it, sooner or later it appears. If we continue to ignore it, the manifestations are getting worse, and the lessons to overcome the challenges and accept the *truth* are getting harder and harder. We are in a school called life and we will not pass until we have solved all the lessons. The excuse that we did not see the *truth* and did not understand it is not accepted. We are expected to look for it and gather experiences based on it.

We can rationally understand the *truth*, like everything else, as an insight at a conscious, external level or truly and deeply know it at an internal level. The realization is an A-ha! moment or epiphany, that is, a unique or indescribably deep insight related to our life or the patterns that are repeated in it preventing us from living our best life. When we rationally understand that it is not good to procrastinate, and we still behave like that, we say that we have rationally understood it on a conscious level, but we cannot yet live it. When we practice determination long enough and experience the aforementioned A-ha! moment or epiphany and we honestly and deeply understand why it is important to be determined and really start to live that determination without thinking about it, then we can say that we have grasped the experience of determination.

The most unpleasant *truth* for us humans is that we do not know. Out of ignorance, our ego does not allow us such a simple and at the same time comprehensive knowledge of ourselves. The *truth* that we do not know anything about viruses and vaccines, that we do not know anything about the person we judge and avoid, that we do not know ourselves and our fears, that we do not know if something is luck or misfortune. We are not aware that we do not know. When we do not know the *truth* and form prejudices and opinions based on "feelings", we are actually listening to the ego screaming in our ear. It is therefore better not to have an opinion, because the *truth* is that we do not know the *truth*. This is so because thinking makes it impossible to know the *truth*. By attaching ourselves to our own opinion, we prevent learning and maturing. The ignoring of the *truth* and the resulting immaturity leads to emotions.

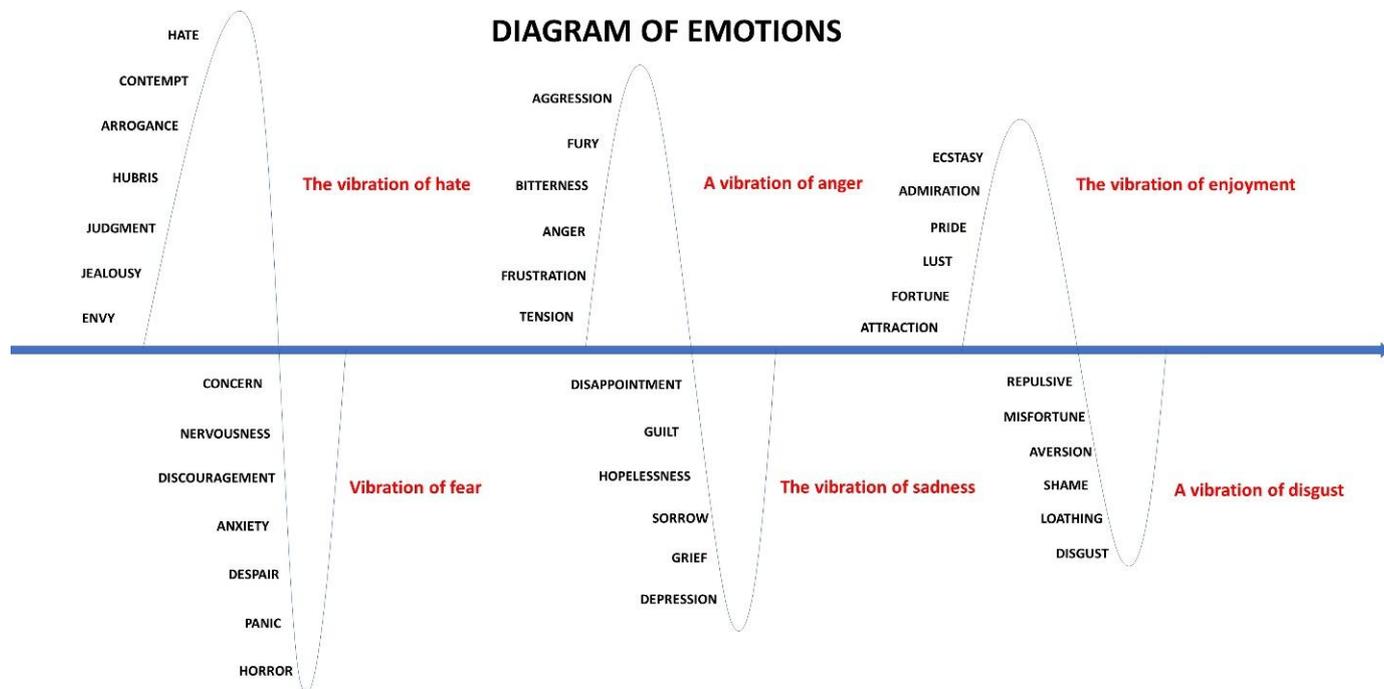


Figure 4. Diagram of emotions

**THE CONSEQUENCES OF OUR IMMATURITY; OUR THOUGHTS, EMOTIONS AND ACTIONS**

Find the emotion diagram in Figure 4. The characteristic of this level is volatility in accordance with the natural law “as up, so down”, which says that everything that goes up must go down. Like our emotions, so our life. The strength of hatred corresponds to the strength of fear in the person, the strength of anger will correspond to the strength of grief that will follow, and the strength of adoration will correspond to the strength of disgust towards something else. According to the natural law, “as within, so outside”, in our external world, the strength of our greed will correspond to the depth of business or private problems that we will fall into as a result. The more immature and ego-driven a person is, both he/she and his/her life will be more volatile with greater amplitudes. The more experienced and mature a person is, the more stable both the person and his/her life will be (Salopek, 2023). Here it is necessary to understand the *truth* that the only meaning of emotions is to make us aware, as an alarm warning us that we have a wrong perception of reality and that we are governed by ego (ignorance and fear), and not love (strength and knowledge). Emotions are a guide to our triggers, to our challenges and fears (Kiriaku, 2001).

The *truth* is that all emotions arise from our ignorance - ego weaknesses. However, this does not mean that they are “wrong”, the *truth* is that they are necessary and therefore welcome because they are a signpost to our ego, our weaknesses, inexperience and trauma. However, with that logic, when there is no weakness - there are no emotions. Further on, when there are no emotions - we feel great, calm, fulfilled, we can truly love. Here it is necessary to understand that emotions and feelings are not the same. Emotions are physical and feelings are mental (I am sad and that is why I feel bad, I am not sad and that is why I feel great) (Mehmood – Shaukat, 2014). It is also the *truth* that our inner world always manifests itself in our outer world. Thus, due to envy and jealousy we destroy relationships, due to anger and rage jobs fail, due to sadness and unfulfillment people get psychosomatic diseases, due to fears everything that we are afraid of losing runs away from us. Our health, our private and business life, our external world, as well as our emotional world, is only a consequence of our maturity, that is, our experience. The more experience we have, and the more things are unimportant to us, the less weakness and immaturity we have. The less weakness we have, the fewer emotions we have. When we accept reality with full clarity, then we do

not get involved in the emotional evaluation of that same reality, so it can be called neutrality or it can also be called complete inner peace that everyone is looking for so much, depending on the maturity of the one who interprets. Therefore, in order to understand exactly what it means to be emotional, we must first understand that there are no “positive” and “negative” emotions (Salopek, 2023).

All emotions are just an alarm warning our on our ignorance - ego. How is this possible and how to recognize them? In fact, very simply, just let us not misinterpret the “positive” emotions caused by ego satisfaction with a *state of love*, joy or gratitude. There are two simple ways to learn to tell them apart (Nvankvo, 2019).

Firstly, the satisfaction of the ego is always extrinsic, caused by some entity or idea from the outside world, and the *state of love* is intrinsic and comes from within us, from our inner world. Sincere feelings of joy, happiness, gratitude and love are not conditioned by external factors but solely by internal maturity. We can only be truly grateful for reality, whatever it is, and gratitude does not depend on external influence. When we overcome and silence the ego by overcoming the *ego challenges*, joy and gratitude flow from the existence itself. They come from within us without any external conditioning, and it is from this source that we can see the difference between ego satisfaction and the *state of love*. (Chartrand – Bargh, 2002).

Secondly, all emotions, both positive and negative, no matter how intense they are, are always fleeting. When we reach the *state of love*, when we mature emotionally, that state is no longer fleeting. Joy and love are always present because they do not depend on anything.

For example, if we buy a car, because we want to prove ourselves, and not out of necessity, that purchase will cause us joy, happiness and gratitude, at least we think these emotions are called that. However, the *truth* is that it means satisfying our ego. That satisfaction of the ego will tie us to a certain thing or idea. It will make us chase that feeling of happiness again, which we felt the first time when our expectations were fulfilled. Thus, we will move away from the *truth* and the true joy and gratitude, our potential and our purpose, because we will focus on, in this case, cars, and think that they will bring us happiness. Are those emotions that we interpret as happiness, joy and gratitude positive? They will last for a while, shorter in some, and in others longer, but they will definitely be temporary until we want something else. In case that desired car is stolen from us, there will be anger and rage, then grief and sadness (Kiriaku, 2001).

Both positive and negative emotions were fleeting and caused by an external factor, the car in this case. It is as if we have given the remote control to some entity or idea to control how we feel. If the external factor is favorable, we are happy, and if it is unfavorable, we are unhappy. Both are the path of the ego, because neither up or down, praise nor criticism should motivate us (Salopek, 2023).

We do not want to give our environment that much power to control us. That is why emotions are just a guide serving to help us, through self-examination, to get to our character trait that triggers our emotions and all the consequences that come with it. (Chartrand – Bargh, 2002).

### CONSEQUENCES OF IMMATURITY - PERSONALITY

The inner manifestation of the ego in a person or ourselves is actually our state, our current level of maturity, that is, our experience or lack of experience. In fact, it is our personality. Although personality is as much a consequence of our maturity as emotions, and although it is changeable, it is still more stable than emotions. It is that part of us when we say “I am like that”. The problem arises when we really think that we are like that and unchangeable, and new experience and change in everything, including our personality, is the very meaning of life. In Table 1, there is a list of all the consequences of our maturity expressed through personality and its extremes (Ruthig et al., 2007).

Table 1. Balanced personality (state of love) and its extremes (state of passive and aggressive ego)

EGO STATE - PASSIVE EGO	STATE OF LOVE	EGO STATE - AGGRESSIVE EGO
Lack of self-esteem	Self-esteem	Narcissism
Compassion for others' ego challenges	Compassion	Lack of compassion
Lack of focus and motivation	Focus and motivation	Selfish focus and motivation
Passivity	Stability	Impulsiveness
Inferiority	Interiority	Superiority
Tolerance for other people's weaknesses	Tolerance	Intolerance
Indifference	Patience	Impatience
Numbness and lostness	Peace	Restlessness and nervousness
Gratitude for „wrong" things	Gratitude	Ingratitude
Life in the past	Life in the moment	Life in future
Depression	Joy	Vanity
Naivety	Critical thinking	Distrust
Lack of self-confidence	Self-confidence	False confidence
Self-destruction	Assertiveness	Aggression
Selfishness towards oneself	Love	Selfishness towards others
Pessimism	Realism	Optimism
Lack of borders	Flexibility	Hardness
Suppression	Indifference	Expressiveness

Everything we think, say and do and how we live is a consequence either of ego or love. The ego speaks with fear and manifests the state of the ego (for example, inferiority or superiority), and love responds to the same by manifesting the state of love (interiority). Both are consequences, positive or negative, of following or not following the *truth*. Sometimes it seems that the manifestations, that is, our personality, whatever it is, are given and unchangeable, and that is why we all say: “I am that kind of person.” We need to know that we are not “that way”, that it is not the *truth*. What we currently are is only a reflection of our experiences (Chartrand - Bargh, 2002). We can only understand so much, nothing more and nothing less, because that is our current maturity and limit of understanding. We need to overcome a lot of challenges to find out who we really are, starting with the innate fear of change, and set out on the path of further maturation, because determination as such does not exist in maturation. For example, if an introvert faces his/her own fears and overcomes them, he/she will no longer be an introvert. If an extrovert suppresses his/her need to stand out, he/she will no longer be an extrovert. It is only through emotional maturation and the lessons hidden in *ego challenges* that we truly discover who we are (Petri & Govern, 2012).

**THE CAUSE OF IMMATURITY - EGO CHALLENGES**

*Ego challenges* are a mirror of our inner world. Thus, if we become aware that we often procrastinate the performance of tasks that we consider challenging, through self-examination we will come to the motive (Bugge, 2007; Piaget, 1950), in this case that we may be procrastinating due to the fear of failure. Further on, if we realize that the way we look is very important to us because we are tied to the idea of physical beauty, through self-examination we can realize that we are afraid of other people’s opinions. Additionally, if we become aware that we tend to get into conflicts all our lives, maybe through self-examination we realize that the cause is our selfishness (Pervin, Cervone, & John, 2008).

It is necessary to understand that all *ego challenges* are not here to harm us, but only to provide us with a challenge and a training ground for learning the skills of self-realization, with the realization of which they disappear. Thus, selfishness wants to teach us selflessness, procrastination determination, illusions and doubts to accept the reality and ourselves, and our beliefs want to teach us the skill of letting go.

Below in Table 2, all *ego challenges* and skills that we need to learn by overcoming these challenges are listed, and the balance in which we will find these skills (Salopek, 2023).

Table 2. Ego challenges, self-realization skills and the balance in which they are found

EGO CHALLENGE	SKILL	BALANCE
Selfishness	Unselfishness	Taking care of ourselves, but also of others
Needs of the outside world	Experiences	Fulfilling of our needs, but not at the expense of others
Need for control	Surrender	Surrendering to life, but being mindful in discovering the Path we need to walk
Need for opinion	Stillness	Being quiet and admitting that we do not know, but speaking when we learn and when they ask
The need to create	Persistence	Not trying, but being committed and persistent, without expecting an outcome
The need for socialization	Understanding	Learning to understand, but accepting that we will not always be understood
The need for comfort	Growth	Experiencing pleasure, but realizing that growth is outside of that same pleasure
Beliefs	Letting go	Letting go of all our beliefs, but only in order to truly understand who we are
Procrastination	Determination	Being determined, but choosing our battles
Illusions	Accepting reality	Accepting reality, but acting
Resentment	Forgiveness	Forgiving, but not forgetting
Doubt	Self-acceptance	Accepting ourselves, but allowing us to change

Behind all our *ego challenges* there are always fears.

**THE CAUSE OF IMMATURITY - FEARS**

Fears are exactly what makes us immature and inexperienced. Fears are what prevents us from progressing and overcoming of fears is exactly what will allow us to acquire new skills. This is so because fear, like all challenges, disappears only by facing that same fear (Pervin, Cervone, & John, 2008). We must go through it, get to know it, and only then does it disappear. Thus, if we really want to mature, we must gather courage, go through and experience insecurity, loneliness, failure, uncertainty, change and a hundred other experiences that cause us discomfort. A list of all conscious and unconscious fears is provided in Table 3.

Table 3. List of conscious and unconscious fears

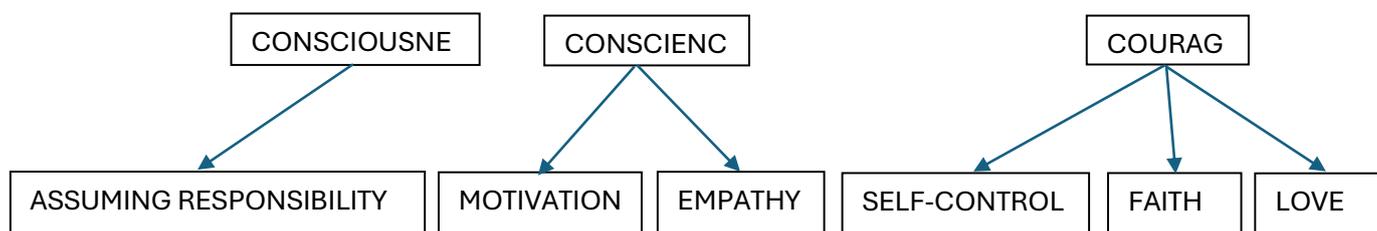
<b>Fear of failure, criticism and humiliation</b>	<b>Fear of inadequacy and unworthiness</b>
<b>Fear of death</b>	<b>Fear of responsibility</b>
<b>Fear of insecurity</b>	<b>Fear of confrontation</b>
<b>Fear of missing out</b>	<b>Fear of freedom</b>
<b>Fear of getting hurt</b>	<b>Fear of rejection</b>
<b>Fear of change</b>	<b>Fear of other people's opinion</b>
<b>Fear of loneliness</b>	<b>Fear of poverty</b>

As always, dedication is expected in studying these fears and experience. This way failure and change and loneliness will become simply unimportant. The fear of missing out will turn into the joy of missing out. When there is no fear and all of the above is unimportant to us, we will attract all of the above into our lives simply because fear is exactly what keeps them away from our lives. If we are afraid of being alone, the aggressive ego will fight so as not to be alone, and the passive ego will retreat, making all possible concessions. If we are afraid of other people's opinion, the aggressive ego will assert itself to show that it is the best, and the passive ego will please those whose opinion it fears. But the *truth* is that fear, like everything, has its place and must be in balance. Fear is the reason why we look around when crossing the road, fear is why we look into the sea before jumping. Fear is here not only to challenge us to mature, but also to protect us from real dangers from the outside world (Apter, 2001). In existing theories, fears and *ego challenges* are always declared to be the consequences of trauma. As can be seen in the map of our inner world, this is indeed true, but not complete. If we grew up in an "ideal" environment, that does not mean we will not have our needs, challenges and fears. Many of our challenges will be the result of pure inexperience unrelated to any trauma. The only way to gather experience is to use our only anti-ego tool - our emotional intelligence (Salopek, 2023).

**THE SOLUTION TO IMMATURITY - EMOTIONAL INTELLIGENCE**

Emotional intelligence is responsible for our inner world and it does not include intellect in the sense of technical knowledge and reading, but rather the ability to recognize, understand and manage one's emotions (Salovey, Mayer, & Brackett, 2007; Goleman, 1995; Bar-On, 2005). At least that is what the official definition says. In reality, in this world of duality, it is the only tool given to us as a counterweight to our ego; if ego is our emotional ignorance, our emotional intelligence is our ability to emotionally adapt, learn new skills. As we explained in our inner world map where we clearly defined what emotions, personality, skills and *ego challenges* are, our ego is the sole cause of our emotions that are actually alarm of our emotional ignorance - ego. Therefore, emotional intelligence is actually our ability to silence our ego and consequently our emotions by overcoming our own needs and fears, and learning new skills. It tells us about our capacity for change and gathering new experiences, that is, about our capacity for the speed of maturing and raising our own level of maturity (Gruden, 1990). Existing theories do not take into account the most important skills of an emotionally mature person, such as conscience or courage, and that is why we propose a new model in the broader sense of the meaning of life and self-realization (Figure 5).

Figure 5. Model of emotional intelligence



Our emotional intelligence, which consists of consciousness, conscience and courage, is actually the only tool for learning and solving *ego challenges* and the fears that fuel them and stand in the way of maturation. It is necessary in order to recognize other people's ego and our own (consciousness - self-consciousness), decide to act morally and in accordance with the *truth* (conscience) and actually put it into action (courage). It also helps us to resolve the traumas hidden behind the fears on our way of realizing inner experiences. An unconscious person will say, "No, I do not know that I am doing something wrong, I am not aware of that." A person without a conscience will conclude: "I know I am doing wrong, but I do not really care." A less courageous person will hesitantly say: "I know what I am doing and I know it is wrong, but it is too hard for me to change." It is important to note that the developing of emotional intelligence is a challenge in itself, so first we need to develop consciousness, conscience and courage as tools to overcome fears and *ego challenges* and reach emotional maturity - awareness. Just like our ego, our emotional intelligence wants to teach us certain skills, given in Table 4 (Salopek, 2023).

**CONCLUSION**

In this paper, we presented and connected a number of new concepts of the emotional functioning of us humans. The purpose of this paper was to break a series of misconceptions related to the meaning of life, self-realization, ego and emotional intelligence, and our emotions. Further on, the goal of this paper is to concisely outline all the information related to our inner world in one place and connect all these parts into one broad picture so that knowledge can be passed on to future generations as simply as possible. The only question in the end is, is this paper the truth? If it is, then we need to start revising the textbooks we use for teaching our children.

COMPONENT	SKILL	BALANCE
Awareness	Responsibility	Let us take responsibility, but let others take responsibility for themselves
Conscience	Motivation	It does not matter what we do, it only matters why we do it
Courage	Discipline	Let us have discipline, but be flexible

*Table 4. Components of emotional intelligence, self-realization skills and the balance in which they are found*

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