

THE AFRICAN MAN'S EGO AUDIT WORKBOOK

15 Honest Questions That Show You Exactly Where
Your Ego Is Protecting Your Marriage — And
Where It Is Silently Destroying It



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A NOTE BEFORE YOU BEGIN

Why This Workbook Exists

I want to say something to you before you begin this workbook.

The fact that you are holding it means something. It means you have enough honesty about yourself to look at your patterns clearly. That quality - the willingness to examine yourself rather than only examine your wife's behaviour - is already the beginning of the change your marriage needs.

You are further ahead than you think.

About This Workbook

This workbook is a companion to the main guide - *Your Wife Is Earning. Your Marriage Is Dying. Here Is What To Do.*

If you have worked through Chapter 3 of the main guide, you have already met the Ego Audit. This workbook goes further. It takes the audit from a single chapter exercise and expands it into a complete, structured self-examination process - one that gives you not just the score, but the understanding behind the score, the specific patterns that generated it, and a concrete seven-day plan for beginning to shift them.

How To Use This Workbook

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- Step 1 - Read the Introduction. It gives you the context you need to understand what the audit is measuring.
 - Step 2 - Complete Section 1. The Four Ego Structures - understand what you are working with before you begin assessing it.
 - Step 3 - Complete Section 2. The Complete Ego Audit - all 15 questions, fully scored.
 - Step 4 - Complete Section 3. Read Your Results - interpret your scores and identify your primary patterns.
 - Step 5 - Complete Section 4. The 7-Day Ego Awareness Plan - your personalised daily practice for the week ahead.
 - Step 6 - Complete the Closing. The commitment you are making as you leave this workbook.

The only requirement:

Honesty. Not the version of yourself you present to your pastor or your friends. The honest version that knows exactly what has been happening in your marriage and has been carrying that knowledge quietly for longer than it should have had to.

INTRODUCTION

Why The Ego Is Not Your Enemy - But Rigidity Is

The African male ego is not the problem. I want to say that clearly and without qualification, because this workbook is going to ask you to examine your ego with genuine honesty - and that examination is only possible if you understand from the start that the goal is not to dismantle your ego.

The values that built your ego - the commitment to provision, the sense of responsibility for leadership, the willingness to carry difficulty without complaint, the expectation of genuine respect within your home - these are real values. They produced real men. They are not what this workbook is examining.

What this workbook is examining is **rigidity** - the specific condition that develops when ego structures that were built for one environment are applied, without adaptation, to a completely different one.

Research finding:

Research on what sociologists call the "gender social stress mechanism" - published in the American Sociological Review and examining data from 29 countries - confirmed that men who lose primary breadwinner status do not simply experience financial stress. They experience a specific form of identity-level stress tied to masculine norms around provision and authority. This stress is measurably higher in cultures with strong traditional masculine norms - which includes most African cultures - and it is directly linked to increased relationship instability.

The ego structures that were built to make you strong are, under diaspora conditions, the source of significant and specific strain. Understanding that is not defeat. It is the beginning of the adaptation that keeps your marriage alive.



SECTION 1

The Four Ego Structures: Understanding What You Are Working With

Before you complete the audit, spend time with the four ego structures - not as abstract concepts, but as lived realities in your own experience. For each structure below, complete the brief reflection exercise before moving to the audit questions.

Structure 1 - The Provider Identity

What it is: Your sense of your own worth and value as a man is substantially tied to your ability to financially provide for your household and your family.

How it serves you: It drives you to work hard, to sacrifice, to push through exhaustion because the people depending on you are worth it. It gives you direction and purpose.

How it becomes rigid: When providing financially becomes so central to your identity that any challenge to your financial primacy feels like a challenge to your existence as a man. When your wife's income becomes a threat rather than a contribution.

In what specific ways does this structure show up as a strength in your marriage right now?

In what specific ways does this structure operate with rigidity in your marriage right now?

Structure 2 - The Authority Identity

What it is: Your right to lead your household is not contingent on being asked for it or earning it through ongoing behaviour. It is inherent to your role as husband and head.

How it serves you: It provides stability and direction. Decisions get made. The household moves forward.

How it becomes rigid: When your right to lead becomes disconnected from the quality of your leadership. When your wife's opinions stop being genuinely considered because considering them feels like ceding authority.

In what specific ways does this structure show up as a strength in your marriage right now?

In what specific ways does this structure operate with rigidity in your marriage right now?

Structure 3 - The Invulnerability Identity

What it is: A man does not show weakness. A man carries his difficulties privately and presents strength to the world - and especially to his wife and children.

How it serves you: It can look like dignity and composure when intact.

How it becomes rigid: When it prevents you from doing the one thing that could actually change the atmosphere in your marriage - being honest about what you are experiencing.

In what specific ways does this structure show up as a strength in your marriage right now?

In what specific ways does this structure operate with rigidity in your marriage right now?

Structure 4 - The Respect Entitlement

What it is: Respect from your wife is not something you earn through ongoing behaviour - it is something you are owed as her husband.

How it serves you: When the contract is intact and the conditions that generate respect are present, respect flows naturally.

How it becomes rigid: When the contract shifts and the entitlement to respect remains but the conditions generating it have changed. You are expecting something that is no longer automatically available.

In what specific ways does this structure show up as a strength in your marriage right now?

In what specific ways does this structure operate with rigidity in your marriage right now?



SECTION 2

The Complete Ego Audit: 15 Honest Questions

Find a quiet time. Sit alone. Read each question carefully and answer it as honestly as you can. Nobody else will see this. There is no correct answer to perform.

Response key:

A = Almost Always - this is consistently true of me

S = Sometimes - this is true of me in certain situations or moods

R = Rarely - this is occasionally true but not my consistent pattern

N = Almost Never - this does not reflect how I typically operate

Domain 1 - Provider Identity (Questions 1-3)

Question 1

When my wife earns more than me in a given month - or when her income is comparable to mine - I notice a change in my mood, my behaviour toward her, or my internal sense of myself as a man.

My answer: A / S / R / N

What that change looks like in my marriage:

Question 2

When my wife makes a financial decision without consulting me first, I experience this as disrespectful or threatening rather than simply as her exercising natural independence.

My answer: A / S / R / N

When this most typically happens:

Question 3

If I am honest, I believe my value to my family is primarily determined by how much I earn and provide financially - more than by my presence, my character, or my emotional contribution.

My answer: A / S / R / N

How this belief shows up in my daily behaviour:

Domain 2 - Authority Identity (Questions 4-6)

Question 4

When my wife disagrees with a decision I have made, my first internal response is to feel challenged or disrespected, rather than genuinely curious about her perspective.

My answer: A / S / R / N

A recent example of when this happened:

Question 5

I find it difficult to change a decision I have already made - even when I can see my wife's position has genuine merit - because changing it feels like a loss of authority.

My answer: A / S / R / N

What changing a decision feels like internally:

Question 6

I make significant household decisions without genuinely involving my wife in the process, because I consider these decisions to be mine to make rather than ours to make together.

My answer: A / S / R / N

A type of decision I typically make alone:

Domain 3 - Invulnerability Identity (Questions 7-9)

Question 7

When I am genuinely struggling - financially, emotionally, professionally, or in the marriage itself - I almost never tell my wife. I manage it privately and present composure.

My answer: A / S / R / N

Something I am currently carrying that my wife does not know about:

Question 8

I have not told anyone - not my wife, not a trusted friend, not a pastor - the full honest truth of what I am experiencing in my marriage right now.

My answer: A / S / R / N

The part of my experience that nobody knows about:

Question 9

The idea of seeking professional help for my marriage feels like an admission that I cannot handle my own life, and that feeling is a significant barrier to me seeking it.

My answer: A / S / R / N

What asking for help feels like, honestly:

Domain 4 - Respect Entitlement (Questions 10-12)

Question 10

I believe my wife should respect me and defer to me as her husband - and when she does not, my primary experience is one of betrayal or fundamental disrespect rather than curiosity about what has changed.

My answer: A / S / R / N

How I typically respond when I feel disrespected:

Question 11

When my wife does not show me the respect I expect, my response is typically withdrawal, anger, or increased demands rather than genuine curiosity about what has generated the change.

My answer: A / S / R / N

My most common response pattern:

Question 12

I have not recently done anything specific and intentional to actively earn my wife's respect. I expect it to be present because I am her husband, not because of specific ongoing actions.

My answer: A / S / R / N

The last specific thing I did that genuinely earned rather than assumed respect:

Domain 5 - Overall Marriage Awareness (Questions 13-15)

Question 13

If I am completely honest, I know significantly less about my wife's inner life right now - what she is thinking about, what she is afraid of, what she is hoping for - than I did two years ago.

My answer: A / S / R / N

Something about my wife I genuinely do not know right now:

Question 14

My wife would say - if she were being completely honest with someone she trusted - that she does not currently feel truly seen, truly heard, or truly valued by me in our marriage.

My answer: A / S / R / N

The evidence I have for this assessment:

Question 15

If I look honestly at the direction my marriage has been moving in the past twelve months - not the good days, but the overall direction - it has been moving away from the marriage I want to have, not toward it.

My answer: A / S / R / N

The most consistent indicator of that direction:



SECTION 3

Reading Your Results: What Your Score Actually Means

Step 1 - Calculate Your Domain Scores

For each domain, convert your responses: A = 3 points | S = 2 points | R = 1 point | N = 0 points

Domain Score Calculator

Domain	Questions	My Score (add them)	Domain Total	Max
Provider Identity	Q1 + Q2 + Q3	___ + ___ + ___	___	9
Authority Identity	Q4 + Q5 + Q6	___ + ___ + ___	___	9
Invulnerability Identity	Q7 + Q8 + Q9	___ + ___ + ___	___	9
Respect Entitlement	Q10 + Q11 + Q12	___ + ___ + ___	___	9
Overall Marriage Awareness	Q13 + Q14 + Q15	___ + ___ + ___	___	9
TOTAL SCORE	All 15 questions		___	45

Step 2 - Read Your Overall Score

Score Interpretation:

0 to 12 - Low Rigidity: Your ego structures are operating with significant flexibility. Focus on the practical tools in the main guide.

13 to 26 - Moderate Rigidity: Your ego is creating real friction but has not yet reached catastrophic levels. Focus on your two highest-scoring domains.

27 to 39 - High Rigidity: Your ego structures are operating with significant rigidity and are very likely contributing substantially to your marital difficulties.

40 to 45 - Critical Rigidity: Your ego structures are operating at maximum rigidity. Begin the 7-Day Plan tomorrow morning and the 30-Day Reset Protocol from the main guide simultaneously.

Step 3 - Identify Your Primary Pattern

Your highest scoring domain: _____ Score: ____ out of 9

Your second highest scoring domain: _____ Score: ____ out of 9

Step 4 - The Honest Summary

The ego structure currently causing the most damage in my marriage is:

The specific way it is showing up is:

The specific cost of that to my marriage has been:

What I am now ready to do about it:



SECTION 4

The 7-Day Ego Awareness Plans (Plans A through E)

This plan has one purpose: to help you see your primary ego pattern operating in real time - not in reflection, not in retrospect, but in the actual moments it is happening.

Choose the plan that corresponds to your highest-scoring domain. Work through it for seven consecutive days, completing the daily reflection each evening.

PLAN A - For Provider Identity Rigidity

Day	Action	What To Notice / Do	Done
Day 1	The Income Awareness Day	Every moment today where your wife's income comes up - directly or indirectly. Notice what you feel. Notice what consultation feels like.	
Day 2	The Consultation Day	Every financial decision you make today. Did you consult your wife first? Notice what consultation feels like.	
Day 3	The Non-Financial Provision Day	Notice specific ways you provided for your family today that had nothing to do with money. Your mood in relation to any financial information you encounter today. Does your mood shift based on what you hear?	
Day 4	The Mood Tracking Day	Track your mood in relation to any financial information you encounter today. Does your mood shift based on what you hear?	
Day 5	The Appreciation Day	Notice everything your wife contributed to your family and your life today that was not financial. Name it.	
Day 6	The Conversation Day	Ask your wife: "Is there anything about how we handle our finances that feels unfair to you right now?"	
Day 7	The Provider Identity Reflection	Reflect on how you've earned twice what I earned permanently - what would my authority in this marriage be built on?	

PLAN B - For Authority Identity Rigidity

Day	Action	What To Notice / Do	Done
Day 1	The Decision Audit Day	Every decision you make today. Did this need to be unilateral, or could it have been shared?	
Day 2	The Challenge Reception Day	On any moment your wife expresses a different opinion. Notice your internal response - is it curiosity or defensiveness?	
Day 3	The Better Decision Day	Identify one outstanding decision. Before making it unilaterally, genuinely ask your wife her opinion. Listen.	
Day 4	The Reversal Day	Is there a decision you made recently that would benefit from revision? Notice whether you can update a decision.	
Day 5	The Listening Leader Day	Every significant conversation today, ask one more question before you respond.	
Day 6	The Explicit Invitation Day	Explicitly invite your wife's input on one significant matter. Then genuinely mean it.	
Day 7	The Authority Identity Reflection	How does genuine leadership look like in this marriage - leadership my wife would voluntarily follow?	

PLAN C - For Invulnerability Identity Rigidity

Day	Action	What To Notice / Do	Done
Day 1	The Inventory Day	Write down privately everything you are currently carrying that nobody else knows about. Financial worries, fears, etc.	
Day 2	The Performance Recognition Day	Identify one moment today where you present composure when you are actually feeling something different. Notice the difference.	
Day 3	The Small Honesty Day	Share one small, genuine thing you are experiencing with your wife today. "I am tired today - genuinely tired."	
Day 4	The Cost of Silence Day	Think back. Identify one specific moment where your silence contributed to the distance between you and your wife.	
Day 5	The Support Acceptance Day	When your wife offers something today - support, encouragement, warmth - receive it without deflecting or minimizing.	
Day 6	The One Person Day	Identify one trusted person outside your wife. Tell them one true thing about what is happening in your marriage.	
Day 7	The Invulnerability Reflection	What is the difference between genuine strength and performed strength? Which one have I been demonstrating?	

PLAN D - For Respect Entitlement Rigidity

Day	Action	What To Notice / Do	Done
Day 1	The Respect Audit Day	Every moment today where you notice an absence of the respect you expect. Do not react. Simply log it.	
Day 2	The Earning Day	Do one specific thing today that is genuinely worth respecting - something that demonstrates character, competence, etc.	
Day 3	The Respect She Has Day	Notice all the ways your wife does show you respect today that you might typically miss because they don't fit your expectations.	
Day 4	The Respect She Needs Day	What does your wife need from you in order to genuinely experience you as worthy of her respect? Not just in words, but in actions.	
Day 5	The Respect Request Day	Have a brief honest conversation: "I want to talk about what respect looks like for each of us in our marriage."	
Day 6	The Consistent Action Day	Identify one action you could take every day for the next 30 days that would consistently demonstrate the respect you want.	
Day 7	The Respect Entitlement Reflection	What is the genuine respect I want from my wife - the deep, freely given respect of a woman who truly admires me?	

PLAN E - For Overall Marriage Awareness

Day	Action	What To Notice / Do	Done
Day 1	The Knowledge Inventory	Write down everything you know about your wife's current inner life. What is she most worried about?	
Day 2	The Genuine Question Day	Ask your wife one genuine question about her inner life. Then use reflective listening: "What I hear you saying is..."	
Day 3	The Daily Question	Continue asking one genuine question per day and recording what you learn. []	
Day 4	The Daily Question	What did you learn today that you did not know yesterday? []	
Day 5	The Daily Question	What question has your wife never been asked by you that she would most want to be asked?	
Day 6	The Daily Question	What does your wife's face look like when she talks about something she genuinely cares about? When does she smile?	
Day 7	The Awareness Reflection	Compare what you knew about your wife on Day 1 with what you know now. What has changed? What has stayed the same?	



CLOSING

The Man on the Other Side of This Workbook

You started this workbook somewhere.

Maybe in the early stage of recognising that something in your marriage needs attention. Maybe in the middle of a breakdown that has been building for years. Wherever you started - you did the work.

You read the four ego structures and recognised yourself in them honestly. You answered 15 questions that most men will never ask themselves. You completed seven days of specific daily awareness practice focused on the pattern that is costing you most.

That is not nothing.

Research confirmation:

Research on the gender social stress mechanism - published in the American Sociological Review and examining couples across 29 countries - found that the most important factor in whether men successfully navigate income equalisation in their marriages was not the income itself, but the quality and flexibility of their masculine identity. Men who could hold their masculine values flexibly - who could find new expressions of provision, leadership, and strength that did not depend on economic dominance - consistently showed better marital outcomes. This workbook has been the work of building that flexibility.

The ego that brought you to this workbook is not your enemy. It is a powerful structure that has built you into the man who could earn enough to live abroad, who could carry enough to build a life in a foreign country, who could hold enough together to still be standing and still be trying.

That man has real strength. What this workbook has given him is flexibility.

And a man with genuine strength and genuine flexibility - a man who provides and leads and protects, but does so from character rather than from rigid position - is the kind of man whose wife wakes up grateful to be married to him.

Be that man.

Your Commitment

Write your commitment in your own words. One sentence. What you are promising yourself - and your marriage - as you close this workbook.

Your signature: _____ Date: _____

What Next?

- If you have not yet read the main guide: begin it now. Your insights from this workbook will make Phase 1 significantly more powerful.
- If you have read the main guide and completed the 30-Day Reset Protocol: return to this workbook after Day 30 and retake the Ego Audit. The difference will show you specifically how the protocol is working.
- If you are still in the middle of the protocol: continue. The daily awareness practice from your 7-Day Plan can run alongside the 30-Day Protocol.

Important Disclaimers

Educational Purpose

This workbook is written for educational and informational purposes only. It does not constitute professional psychological, legal, or therapeutic advice. The exercises and frameworks described are drawn from academic conflict resolution training, cultural observation, and community experience.

Results

Results described represent individual experiences. Your results will depend on your specific circumstances, the nature of your relationship, your consistency of effort, and factors unique to your situation. No specific outcome is guaranteed.

Professional Support

If your situation involves domestic violence, addiction, serious mental health conditions, or legal complexity, please seek qualified professional support alongside or instead of this workbook.

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Thank You.

You have done something most people never do - you started.

From the bottom of my heart - thank you for trusting me with something this important. Your marriage. Your family. Your home.

Most men carry the weight of a struggling diaspora marriage entirely alone. The fact that you picked up this guide - that you were willing to look honestly at yourself and at what is happening between you and your wife - tells me everything I need to know about the kind of man you are.

That man deserves a marriage that thrives. I genuinely believe you are going to build one.

SHARE YOUR EXPERIENCE

a small thing? I

Your story might
on his marriage

Send your feedback directly to:

eccentricconcept2@gmail.com

Include your name, city, and what shifted for you. Even two sentences matter more than you know.

MORE FROM AFRICANHOMEFONT

Your Wife Is Earning. Your Marriage Is Dying. Here Is What To Do.

The complete diaspora marriage guide - 9 chapters, 7 tools, the full 5-Step Protocol and 30-Day Reset Protocol.

The African Man's Ego Audit Workbook

15 honest questions with five 7-day domain-specific awareness plans. The deeper companion to Chapter 3 of the main guide.

The Pre-Travel Marriage Covenant Guide

Five structured conversation frameworks and the complete Diaspora Marriage Covenant Document for couples preparing to relocate.

All products available at:

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Go and build the marriage your family deserves.

With respect and solidarity,

Chidi Okonkwo

B.Sc (Hons) Peace Studies and Conflict Resolution

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