

# Sports Fans



The emotional involvement with a sports team can be intense, to the point of psychological life and death. Many admit they cannot watch games because of nerves. They do watch the replay though, over and over, but only if their team wins.

Why is it so important that their team wins? It may be their ego's identification with it; in a sense, they become the team. If their team succeeds, they succeed and their feelings of self-worth are validated. They feel personally defeated, on the other hand, if their team loses.

The phenomenon of ego identification with sports teams may be a clear window for us to understand ultimate human motivations.