



## INDIVIDUAL POLARITY MAP [BLANK]

Learning to manage polarities begins by seeing them in yourself first. Attached is a blank polarity map designed to help you see and name them in you. Follow these instructions anytime you notice you may be out of balance. See what you learn about yourself.

### INSTRUCTIONS:

1. Complete the sentence stem in each quadrant. Fill in your answers in the order numbered: Starting in the lower left-hand corner (box 1), then upper right (box 2), followed by lower right (box 3), and finally upper left (box 4).
2. LEFT SIDE: Review the notes you made in the left two boxes and select a word that captures the value represented by those boxes. Be sure to choose a neutral or positive word. Write the phrase or word in the circle on the left.
3. RIGHT SIDE: Review the observations here and follow the same process as step two. It is particularly important that the word on this side is neutral or positive, we have a tendency to cast this side in negative terms. It may help to yourself *What is the opposite of the word I chose on the left side?*

**Note:** There are many opposites you can choose from and still be correct. It's important that you find the word that works for you, not the dictionary definition. For example, you may put the word "**helpful**" in the left circle and choose "**observant**" on the right side. Where as someone else might choose the word "**detached.**" As long as the word feels like the opposite and has a neutral or positive connotation for you.

4. Reflect on what areas of your life this tends to show up most often? What is an immediate practical step you could take to begin expressing the RIGHT SIDE value in your life?

