

Chapter 05 · Exercise

Polarities

What are the biggest challenges you are currently facing?

Challenge 1

Challenge 2

Challenge 3

Can you recognize polarities in these challenges?

Polarities are pairs of opposite poles, for example breathing out versus breathing in, stability versus change.

Polarity 1 a) _____ ↔ b) _____

Polarity 2 a) _____ ↔ b) _____

Polarity 3 a) _____ ↔ b) _____

What values are associated with the different poles?

(See Figure 4: Polarities of values and beliefs in the context of continuity/change)

Challenge 1

Values that support polarity 1a:

Values that support polarity 1b:

Challenge 2

Values that support polarity 2a:

Values that support polarity 2b:

Challenge 3

Values that support polarity 3a:

Values that support polarity 3b:

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What limiting beliefs are associated with the different poles?

Challenge 1

Beliefs that support polarity 1a:

Beliefs that support polarity 1b:

Challenge 2

Beliefs that support polarity 2a:

Beliefs that support polarity 2b:

Challenge 3

Beliefs that support polarity 3a:

Beliefs that support polarity 3b:

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Figure 4

Polarities of values and beliefs in the context of continuity/change

Which quadrant did you start out in?

What insights have you gained from integrating the other aspects?

What can you do to develop and put into practice an "as well as" perspective?

