

Delaying Gratification

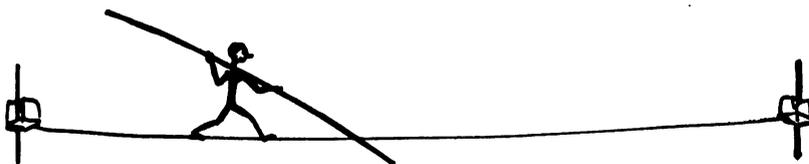
Delay _____ Spontaneity

Accepting Responsibility

Over-responsible _____ Under-responsible

Dedication to Reality

Totally honest _____ Withholding



Imagine that you are a tightrope walker in training, daily trying to keep your balance between conflicting needs, goals, duties, directions. List some of the tensions you feel in the space below.

For example:

Time for yourself _____ Time for others

LIFE'S POLARITIES	
Gratification	
Delay	Spontaneity
Responsibility	
Over-responsible	Under-responsible
Reality	
Completely honest	Withholding Truth
Punctuality	Casualness
Adult	Child
Masculine	Feminine
Work	Play
Self-denial	Self-indulgence
Reflection	Activity
Solitude	Gregariousness