

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