

# POLARITY MAP

| —<br>(distortion)  | yin<br>feminine<br>matter                                 |  | yang<br>masculine<br>spirit                          | +<br>(distortion) |
|--|---|---|--|-------------------|
| need to please   | love  | will  | excess authority                                     |                   |
| weakness   | emotion   | mind  | over rational  |                   |
| lack of reason   | intuition   | reason  | fear of intuition                                    |                   |
| inarticulateness<br>(unfocused, glamor<br>of uniqueness) | non-linear<br>(diffuse, imagaic,<br>non-verbal, holistic) | linear<br>(analysis, verbal,<br>articulate)                                       | sterility<br>(dryness, mistrust<br>of unconscious)   |                   |
| passivity  | receptivity   | generativity  | driven   |                   |
| non-action   | contemplation   | manifestation   | lack of purpose/<br>productivity for its<br>own sake |                   |
| no-boundary<br>(vulnerability hy-<br>persensitive)       | empathy<br>(openness<br>sensitivity)                      | discernment<br>(selectivity<br>filtering)   | non-permeable<br>(no contact,<br>insensitivity)      |                   |
| chaos  | flow, non-structure                                       | form, structure   | rigidity   |                   |
| impulsivity  | spontaneity   | control   | doubt, tightness                                     |                   |
| triviality   | joy, play   | purposefulness  | heaviness/ shoulds                                   |                   |
| complacency  | self-acceptance   | aspiration  | perfectionism  |                   |
| gullibility  | compassion  | discrimination  | judgementalness                                      |                   |
| inferiority  | humility  | dignity   | superiority  |                   |
| apathy   | detachment  | commitment  | attachment   |                   |
| submission   | respect for others  | self assertion  | domination   |                   |
| lack of will   | allowing  | directing   | will-"power"   |                   |