

## List of Polarities

Inferior/superior  
Light/dark  
Tyrant/victim  
Adequate/inadequate  
Wise/knowledgeable  
Alone/community  
Settled/unsettled  
Control/out of control  
Beginning/end  
Disciplined/undisciplined  
Alive/dead  
Martyr/tormentor  
Heart/mind  
Raw emotion/measured and controlled  
Judged/accepted  
Hidden/exposed  
Independence/dependence  
Expansion/contraction  
Panic/ease  
Smart/stupid  
Shattered/whole  
Show-up/check-out  
Doubtful/confident, purposeful  
Enlightened/ignorant  
scarcity/ abundance  
Discarded/cherished  
Deception/truth  
Humility/arrogance  
Empathy/apathy  
Open/guarded  
Despair/hope  
Reliable/unreliable  
Weak/strong  
Engaged/checked-out  
Move/rest  
Advocate/demolish  
True/untrue  
Emotional/logical  
Success/failure  
Will(resist)/surrender  
Accepted/rejected  
Pleasing people/disappointing people  
Conscious/unconscious  
Perfect/imperfect  
Curious/bored  
Wounded/healed  
Bondage/freedom  
Curious/indifferent – uninterested  
Dominate/dominated  
Equivocal/decisive  
Right/wrong  
Withholding/giving  
Nourished/starving  
Approved of/disapproved of  
Safe/dangerous  
Vulnerable/protected  
Serious/unserious, flippant  
Determined/uncertain  
Entitled/unworthy  
Victor/victim  
Authentic/imposter  
Addicted/Free  
Fat/thin  
Right brain/left brain  
Sabotage/building up  
Gratitude/Resentment  
Offended/complimented  
Denial/self-awareness  
Passionate/reserved  
Winner/loser  
Superior/Inferior  
Judgmental/forgiving  
Fame/infamy  
Punished/Rewarded  
Coupled/uncoupled  
Intimate/distant