

## **Opposites to Balance in Daily Life**

- ☐ 1. Being gentle and being firm
- ☐ 2. Acceptance and change
- ☐ 3. Making your needs a priority and making others' needs a priority
- ☐ 4. Being serious and being lighthearted
- ☐ 5. Acting on emotion and acting on logic
- ☐ 6. Being active and being still
- ☐ 7. Caring for others and caring for yourself
- ☐ 8. Holding on and letting go
- ☐ 9. Speaking up and staying quiet
- ☐ 10. Independence and connection
- ☐ 11. Structure and flexibility
- ☐ 12. Control and surrender
- ☐ 13. Trusting and being cautious
- ☐ 14. Striving for improvement and accepting things as they are
- ☐ 15. Focusing on self and focusing on others
- ☐ 16. Being assertive and being cooperative
- ☐ 17. Planning and spontaneity
- ☐ 18. Protecting yourself and opening up to others
- ☐ 19. Thinking and feeling
- ☐ 20. Discipline and rest
- ☐ 21. Work and play
- ☐ 22. Being cautious and taking risks

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Balancing opposites helps create flexibility, perspective, and emotional balance. Use this list to notice where you can practice holding two truths at once.