

Number	Dichotomy	Exercises
1	energetic	1: cultivate an appreciation of beauty
		2: try to resist too much sexual activity
		3: physical exercises
	calm	1: meditation 2: do something relaxing 3: SAT protocol 9 (Enjoying Nature)
2	naïve	1: do not assume you know everything
		2: stop being judgemental
		3: do not take appreciation so seriously
	smart	1: time slot to read materials 2: continuing education 3: do brain training
3	playful	1: surprise at least one person
		2: experiment with your appearance
		3: anthropomorphizing exercise
	disciplined	1: take charge of your schedule 2: remind yourself why you want to be disciplined 3: embrace the discomfort
4	fantasy-oriented	1: draw a picture of your dream world
		2: turn the screen off and reading the book
		3: loose part play
	reality-oriented	1: delay gratification 2: assess before making decision 3: importance of being proactive
5	extroversion	1: SAT protocol 18 (Identifying our Personal resentments and acting them out)
		2: calling instead of texting
		3: participate social events
	introversion	1: SAT protocol 6 (Restoring our Emotional World after our Pledge) 2: pursue a solitary hobby 3: staying in on Friday night
6	humble	1: practise mindfulness
		2: ask for help when needed
		3: being grateful
	proud	1: cherished objects 2: write down all the positive things 3: surround yourself with positive people
7	masculine	1: voice out your opinion
		2: play competitive games
		3: embody your emotions
	feminine	1: SAT protocol 4 (Expressing Love and Care for the Child) 2: develop what you lack 3: summarise a person central point
8	rebellious	1: trust your passion
		2: hold unpopular views
		3: take a chance on yourself

	traditionalist	1: be religious for a day
		2: stick to the same bedtime
		3: be prudent on your finances
9	passionate	1: improving the complexity
		2: passion breeds passion
		3: significant motivators
	objective	1: create a vision board
		2: make time for reflection
10	endure-pain	3: set up a goal
		1: SAT protocol 11 (Overcoming Past Pain)
		2: SAT protocol 17 (Learning to be playful about our past)
	enjoy-life	3: learn to express your feelings
		1: spend money on an experience
		2: involve in charity
		3: celebrate small wins