# **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