



# PAIR A DAY

## Participant Guide

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Deep bows to my teachers, my family, students and clients. You make life shine. Many thanks to the AAIT™ community for your commitment and devotion to learning. You've made me a better teacher. A wellspring of appreciation flows steady from the bottom of my heart for my husband, David A. Patterson, Ph.D. Without his unwavering support, Acceptance and Integration Training® would not exist.



## PAIR A DAY

*Developed by Ivana Tomanovic*

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Pair a Day (PaD) facilitates integration by an investigative un-layering of content until the polarity and any associated meta-polarities have been neutralized. Meta refers to polarities that are hidden or behind other polarities. They reveal themselves as content lifts.

One of the benefits of PaD is that you will guide clients out of their problems through neutralization resulting in an expanded state of awareness. Then, supporting a greater ease of being with these states. Even when polarities feel like ONE, ONE can be charged with emotional energy. Sometimes people don't feel ok feeling ok. Through the stabilization process of PaD, you will neutralize all remaining charged energy associated with the problem and the resulting higher state.

*The nondual states of empty consciousness are an indication and mechanism and indication of transformation. Cultivating an awareness of these states contributes to increases in present focused attention, empathy, self-compassion, and more skillful choices.*

### **PREPARATION for Pair a Day**

Exercises for finding positive aspects in negative polarities

#### OBJECTS

1. Look around the room and find one object you LIKE. You don't need to tell me what it is, just let me know when you find it... Now find one positive, good thing about it. It can be anything/ that it's practical, beautiful, that it looks good in the room, anything. Just accept the first positive aspect of that object that comes to your mind.
2. Now find one NEUTRAL object in the room – you don't particularly like it, but you don't dislike it either. You are INDIFFERENT to it. Again, find one good thing about it.
3. Now find one object in the room that you DISLIKE and do the same as in the previous two cases.

#### PERSONS

1. Remember one person you LIKE – a member of your family, a friend, a kind shop assistant, an actor... and find one good thing about them.

2. Remember a person towards whom you feel **INDIFFERENT** – whom you don't particularly like or dislike. Again, find one good thing about that person.
3. Now remember a person you **DISLIKE** and repeat the process.

## SITUATIONS

1. With your eyes closed, remember a situation from the past you experienced as **POSITIVE**. It can be something that happened yesterday or 5 years ago; it doesn't matter. Find one good thing about it.
2. Remember A **NEUTRAL** situation, neither pleasant nor unpleasant. Find one good thing about it.
3. A **SLIGHTLY NEGATIVE** situation. Again, repeat the process.
4. A more negative, but not traumatic, situation. Find something that was good for **YOU** in it. Now find something that was good for **OTHERS** in general or **SOMEONE ELSE** in it. Now find something that was **VALUABLE** in it or about it.

## **Determining and Creating Polarities for Integration:**

1. After discovering the problem, ask the client for their dominant emotional experience in relationship to the problem. Then ask, what is the opposite of that? or what would you rather feel? This will be the "positive" polarity. However, it is not uncommon that during the integration process, we experience the positive becoming negative or vice versa.

You can begin with an imperfect combination; as soon as some negative energy is removed, you will be able find the right language. And when you do, write down both polarities (the negative polarity may have not changed at all) and continue the process.

2. Choose from a list.
3. Take what you perceive as the best possible state of mind as the "positive" polarity (e.g., Myself, Brahman, Oneness, Peace, Love, Unity, Bliss, Pure Consciousness etc.) and explore any opposites that present.



## PAIR A DAY INSTRUCTIONS

*Further training is necessary should you want to teach this method to others.*

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There are 4 major phases to PaD:

- Experiencing polarities through investigation until they (the last pair, if there is more than one pair) integrate.
- Experiencing the nondual or bliss state (the state of the integration of polarities) until there is nothing left to say about it (or about the last, ultimate blissful state, if there was more than one).
- Reviewing the chain of elements to check if there is any negative energy left on any of the components and if the initial problem has been solved.
- Stabilization of the state and the work.

### THE PRIMARY 8 QUESTIONS

Before you begin, explain each question to make sure your client understands the questions. We alternate between the polarities with each question.

NOTE – client needs to FEEL the polarity before answering the question.

1. FEEL \_\_\_\_ What emotions come up when you feel ... (name the polarity)?  
1a (for positive, and especially very high blissful states)  
How do you feel about ... the bliss or nondual state – however they describe it?
2. FEEL \_\_\_\_ What do you believe about... (name the polarity)? FEEL \_\_\_\_ What do you believe from inside \_\_\_\_?
3. FEEL \_\_\_\_ What is bad in ... (name the polarity)?
4. FEEL \_\_\_\_ What is good in ... (name the polarity)?
5. FEEL \_\_\_\_ direct your awareness to your body, what do you notice? How does your body respond as you experience \_\_\_\_?
6. FEEL \_\_\_\_ What is present in ... (name the polarity)?
7. FEEL \_\_\_\_ What is missing in ... (name the polarity)?
8. FEEL \_\_\_\_ Is there anything else that needs to be said about ... (name the polarity)?

### The Pair a Day Process:

1. **Identify the problem and goal. Determine polarities.**  
Having clearly identified the problem and goal, divide a page into two columns and write down one polarity at the top of each column.
2. **Ask the 8 questions**, alternating between the polarities.

Instruct your client to FEEL the first polarity. Ask the first question.  
Instruct your client to FEEL the second polarity. Ask the first question.  
Ask each of the eight questions in sequence, alternating between the polarities.

### 3. Ask test question.

*Feeling both polarities at the same time as you take an easy breath, are they one for you or can you feel them separately?*

#### **If they are separate:**

Ask your client to feel them, to experience them again. Have they changed? Has another polarity emerged instead of the original pair? Is there another word or phrase that now feels more accurate? One or more pole may change.

#### **If they have not changed:**

Start a new round of the questions. Repeat this procedure until the polarities are integrated, they cannot feel one without the other. Proceed to stabilization.

Or, if your time is short, use EoW. *Feel the possibility of \_\_\_\_ and \_\_\_\_ merging and becoming one, what would be bad / good about that?*

#### **If they have changed:**

Write down the new polarities. They may only be slightly different from the previous pair. Alternately, just one of them may have changed. It doesn't matter. Write them down as they are at that moment and apply the 8 questions to the new polarities.

There can be several pairs of these new polarities (meta-polarities) before one pair integrates, the final pair. Just be patient and continue the process until they become one. Then proceed to stabilization.

**Note:** If new polarities (meta-polarities) surface before you finish all 8 questions, write down the new polarities and begin. Don't continue with the remaining questions but immediately switch to the new pair and continue the process from the beginning.

**When they are ONE:** Stabilize.

### 4. Stabilize

#### **a. Describe the state.**

If they are ONE and cannot be felt separately, ask they client to describe the state of oneness, the unification of these polarities. How would you describe the state of them being unified in this way? **Write down the description.** It should be neutral or positive state. If the state is described as negative polarize it and apply the questions to integration.

#### **b. Investigate and expand the unified state.**

The questions below are slightly different from the eight questions.

- i. Feel \_\_\_\_, how do you feel about it?
- ii. Feel \_\_\_\_, is there anything bad about it ... or not?
- iii. Feel \_\_\_\_, what do you believe from inside this state of awareness?
- iv. Feel \_\_\_\_, direct your awareness to your body, what do you notice?  
How does your body respond as you feel \_\_\_\_?
- v. Feel \_\_\_\_, is there anything else present in or around \_\_\_\_?
- vi. Feel \_\_\_\_, is there anything missing?
- vii. Feel \_\_\_\_, is there anything else that needs to be said about \_\_\_\_?

Instruct your client to feel the state again, is it the same as it was a moment ago or has it changed slightly? Has something else appeared instead of it? For example, peace may reveal expansiveness which may reveal spaciousness.

Continue investigating each new state with the questions above until you have arrived at the ultimate, highest state. You will know you have arrived at the ultimate (highest) state in this process simply because no other state will appear. In other words, the ultimate state may become deeper, broader etc., but it will not transform into a new state. Also, no content will arise in response to the 8 questions.

When there is nothing more to say about the ultimate state, invite your client to settle into that state of awareness.

*Allow yourself to settle into this awareness and let this settling have an effect. Recognizing this state as an aspect of your essential nature, your true self.*

If you like, you can expand as in pleroma expansion.

Invite the client to settle into that state and let you know when they are ready to continue.

## **5. Review the chain of content.**

- a.** Ask how the client feels about each state, beginning with the ultimate state. What you are doing here is retracing your steps—going back through the chain of content listening for any stuck content.
- b.** Review each pair of polarities (if more than one), asking how they feel about each pair. They should feel empty, irrelevant, ridiculous, or as a manifestation of the nondual or bliss state. No matter how they see the polarities now, what is important is that your client doesn't feel any negative emotions related to them.

Proceed in this way until you reach the initial pair—where you started. How does it seem now? This is the ONLY pair you need to check for integration. *Are the polarities one for your client or not? Can you feel one without the other?*

If there is any emotional charge left on the initial polarities or on any other pair along the chain, repeat the process. This new process will likely go very quickly.

If new negative content appears, repeat the 8 questions with the new element until there is nothing left to say about it.

## **6. Stabilize the Work.**

When you complete the process, ask the questions below:

- a. How do you feel about the work you did?
- b. What is or was bad in this process?
- c. What is or was good in this process?
- d. What do you know now that you didn't know before this work?
- e. How are you going to apply this knowledge in everyday life? How will knowing this change things for you?
- f. Is there anything else important that needs to be said about this work you did today?

### **Verify Problem Resolution**

- a. Check the problem.
- b. Clear the future.
- c. Address other POVs as needed.
- d. Allow for forgiveness if needed.





PAIR A DAY  
Practice Sheet

Alternate between each polarity with each question. Remind your client to let you know if the polarities change significantly, merge or disappear you go. Changing indicates a meta-polarity. Merging or disappearing indicates integration. (It is necessary to FEEL each polarity before answering the question)

1. FEEL \_\_\_\_ What emotions come up when you feel ... (name the polarity)?
2. FEEL \_\_\_\_ What do you believe about... (name the polarity)? FEEL \_\_\_\_ What do you believe from inside \_\_\_\_?
3. FEEL \_\_\_\_ What is bad in ... (name the polarity)?
4. FEEL \_\_\_\_ What is good in ... (name the polarity)?
5. FEEL \_\_\_\_ Direct awareness to the body. How does your body respond as you feel \_\_\_\_?
6. FEEL \_\_\_\_ What is present in ... (name the polarity)?
7. FEEL \_\_\_\_ What is missing in ... (name the polarity)?
8. FEEL \_\_\_\_ Is there anything else important that needs to be said about ... (name the polarity)?

Problem: \_\_\_\_\_ Goal: \_\_\_\_\_

FEEL Each Polarity	Polarity ONE	Polarity TWO
Emotions?		
Beliefs?		
Bad?		
Good?		
Body?		
Present?		
Missing?		
Anything else?		

**TEST Question:** *Take an easy breath and feel both polarities at the same time, are they one for you or can you feel them separately? If they have not yet integrated, check for meta-polarities and continue the process from the beginning*

**Investigate and expand integrated state** - *What do you call the state of these polarities being unified in this way? What does it feel like to you?*

1. FEEL \_\_\_\_ How do you feel about \_\_\_\_?
2. FEEL \_\_\_\_ What do you believe from inside this state? What do you believe about this state?
3. FEEL \_\_\_\_ What's bad about \_\_\_\_, if anything?
4. FEEL \_\_\_\_ Direct your awareness to your body, what do you notice? How does your body respond as you feel \_\_\_\_?
5. FEEL \_\_\_\_ What else is present in or around \_\_\_\_, if anything?
6. FEEL \_\_\_\_ What else is missing in or around \_\_\_\_?
7. FEEL \_\_\_\_ Is there anything else important that needs to be said about \_\_\_\_?

Continue your exploration of the integrated state until there is nothing new to say. It is not necessary to continue asking the questions as they empty.

**Revisit the chain of content** to check if there is any negative energy left on any of the components AND if the initial problem has been solved.

### **Stabilize & Review**

1. How do you feel about the work you just did?
2. What was bad for you in the process? Is there anything we can do to improve our collaboration?
3. What was good for you in the process?
4. What do you know now that you didn't before?
5. What will you do with knowing that? How will knowing that change things? If there's time, consider golden shadow work.
6. Anything else that needs to be said about this work?

### **Verify Problem Resolution**

1. Check the problem.
2. Check the future.
3. Any other POV involved? If the future doesn't feel like a problem, it's unlikely that there's the need for other POV work.
4. Need for forgiveness?



## PAIR A DAY FOR LOVE AND RELATIONSHIPS

Developed by Ivana Tomanovic

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It is rare that our clients don't bring some relationship challenge to the room. PaD for Love (PaD4L) provides a means of exploring, accepting and dissolving a significant amount of relationship tension, drama, and pain. This tension binds our clients (and us) to conditioning and contributes to choices more aligned with their conditioned self than their real self.

When clients are describing the problems they face in their relationships, cognitive, emotional and behaviour patterns emerge. PaD for Love can be used to disrupt these patterns. We use questions that tend to reveal and subsequently release charged energy.

Pair a Day for Love can be used to access deeper layers of material in circumstances other than love and relationships. In other words, this series of questions is not limited to love and relationships.

With PaD4L, it is important to answer each question FROM within the state of polarity, while FEELING the polarity, not just observing it. The ONLY significant differences between PaD for Love and PaD are the questions and answering the questions from within the POV of the polarity.

There are two variations that can be used with PaD for Love:

1. Polarities related to a person or group, I feel \_\_\_ and I'd rather feel \_\_\_.
2. The client / the other person or group.

### **Variation One: Polarities related to a person or group.**

Bring to mind the person or group. How do you feel about them (problem)? How would you rather feel (goal)? Or what's the opposite feeling? Write down the polarities.

Instruct your client to FEEL the polarities and ask the questions, alternating between the opposites.

1. Feel \_\_\_\_, especially in relation to ... (person or group), what do you **resist** in \_\_\_\_ (state the polarity).
2. Feel \_\_\_\_, what do you **resist in others**, as you experience \_\_\_\_ (state the polarity)? This question may not always be necessary with Individual and Group version.
3. Feel \_\_\_\_, especially in relation to \_\_\_\_ (person or group), what can't you **let go of** in or about \_\_\_\_?

4. Feel \_\_\_\_, especially in relation to \_\_\_\_ (person or group), what **emotions or feelings** come up when you feel \_\_\_\_ (polarity)?
5. Feel \_\_\_\_, especially in relation to ... (person or group), what do you **believe** as you experience \_\_\_\_ (state the polarity)?
6. Feel \_\_\_\_, especially in relation to \_\_\_\_ (person or group), what's **good** about \_\_\_\_ (state the polarity)?
7. Feel \_\_\_\_, especially in relation to \_\_\_\_ what are you trying to **achieve**, in relation to \_\_\_\_ (person or group)?
8. Feel \_\_\_\_ (state the polarity) direct awareness to the **body**, what do you notice? How does the body respond as you feel \_\_\_\_?
9. Feel \_\_\_\_ there **anything else important** that needs to be said about \_\_\_\_ (polarity)?

**Test Question:** Take an easy breath. Feel both polarities at the same time. Are they one for you or can you feel them separately?

If integrated, identify the pleroma or nondual state. Investigate the non-dual state using the questions above until there is nothing left to say about it.

If not, check for meta-polarities, continue with new polarities. If no meta-polarities, continue with round 2 of the questions.

### **Stabilize:**

Invite client to stay as long as they like in the expanded state. Ask them to let you know when they are ready for you to continue. If you like, you can do Pleroma Expansion.

Check the chain of content.

### **Investigate the work:**

1. How do you feel about the work you did?
2. Was there anything bad for you? Anything we can learn to enrich our collaboration?
3. Was there anything in particular good for you?
4. What do you know now that you didn't know before, if anything new?
5. What will change for you as a result of that knowing? How will that influence things going forward?
6. Is there anything else that needs to be said about your work today? Anything else you'd like me to know about the work you did?

### **Variation Two: When Polarities Are Individuals or Groups**

Identify the person or group for the work. Write it down. Instruct the client that they will be sliding back and forth FEELING themselves and FEELING the other person / group, tuning into their perspective.

When addressing a specific relationship or group, it can be helpful to repeat the questions, until there is little to nothing left to say. If specific content bubbles up and persists, we may switch to those polarities instead of the individual or group.

### **PaD for Love Questions with Individuals / groups**

Your client will be switching points of view with this set of questions. They will be lightly identifying with the other person or group, taking their POV.

1. Feel (person or group), what do you resist in or about \_\_\_\_ (name the person or group)?
  - Feel \_\_\_\_ , what does \_\_\_\_ (name the person or group) resist in or about you?
2. Feel (person or group) what do you resist in others as you feel \_\_\_\_ . (This question may or may not make sense to your client. If it doesn't make sense, skip it.)
  - Feel \_\_\_\_ , what does \_\_\_\_ (name the person or group) resist in others in relation to you?
3. Feel (person or group) what can't you let go of in or about \_\_\_\_ (name the person or group).
  - Feel \_\_\_\_ (person or group), what can't \_\_\_\_ let go of in or about you?
4. Feel (person or group), what emotions or feelings come up when you feel \_\_\_\_ ?
  - Feel \_\_\_\_ perspective in relation to you, what emotions arise?
5. Feel (person or group), what do you believe as you feel \_\_\_\_ (name the person or group)? What conclusions have you drawn about \_\_\_\_ ?
  - Feel \_\_\_\_ POV about you, what conclusions have they drawn about you? What do they believe about you?
6. Feel (person or group), what is good in or about ... (name the person or group)?
  - Feel \_\_\_\_ POV about you, what's good about you from their POV?
7. Feel (person or group), what are you trying to achieve in relation to \_\_\_\_ (name the person or group)?
  - Feel \_\_\_\_ POV about you, what is \_\_\_\_ trying to achieve in relation to you?
8. Feel \_\_\_\_ (person or group), is there anything else important that needs to be said about \_\_\_\_ ?
  - Feel \_\_\_\_ POV about you, is there anything else important that needs to be said about you from their perspective?

**Test Question:** Take an easy breath. Feel both POVs simultaneously. How do you feel about \_\_\_\_ now? If there is charged energy, you can shift to the PaD4L questions with this new content, new polarities.

If there is no charged energy, use the same questions to investigate the more neutral pleasant state until there is nothing to say and they've reached the highest state.

Check the chain of content.

### **Stabilize**

1. How do you feel about the work you did?
2. Was there anything bad for you? Anything we can do to enhance our collaboration?
3. Was there anything in particular good for you?
4. What do you know now that you didn't know before, if anything new?
5. What will change for you as a result of that knowing? How will that influence things going forward?
6. Is there anything else that needs to be said about your work today.

### **Verify**

1. Check problem.
2. Clear future.
3. POV if necessary.
4. Check the need for forgiveness.



## PAIR A DAY FOR LOVE

### *Practice Sheet*

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Alternate between each polarity with each question. Remind your client to let you know if the polarities change significantly, merge or disappear you go. Changing indicates a meta-polarity. Merging or disappearing indicates integration.

1. FEEL \_\_\_\_ What do you resist in \_\_\_\_ name the polarity)?
2. FEEL \_\_\_\_ What do you resist in others as you feel \_\_\_\_ (name the polarity)?
3. FEEL \_\_\_\_ What can't you let go of in or about \_\_\_\_ (name the polarity)?
4. FEEL \_\_\_\_ What emotions come up as you feel \_\_\_\_ (name the polarity)?
5. FEEL \_\_\_\_ What do you believe as you experience \_\_\_\_ (name the polarity)?
6. FEEL \_\_\_\_ What is good in \_\_\_\_ (name the polarity)?
7. FEEL \_\_\_\_ What are you trying to achieve as you experience \_\_\_\_ (name the polarity)?
8. FEEL \_\_\_\_ How does your body respond as you feel \_\_\_\_?
9. FEEL \_\_\_\_ Is there anything else important that needs to be said about \_\_\_\_ (name the polarity)?

Using the table below, identify the polarities and write them on the top row. Write down your response to each question.

Feel Each Polarity		
Resist?		
Resist in person/group		
Can't let go of?		
Emotions?		
Believe?		
Good?		
Trying to achieve?		

Body?		
Anything else?		

**TEST Question:** *Take an easy breath, feel \_\_\_ and \_\_\_ at the same time, are they one for you or can you feel them separately? If they have not yet integrated, check for meta-polarities and continue the process from the beginning. Or switch to EoW if time is short.*

**Investigation and Stabilization of the Integrated State -** *What do you call the state of these polarities being unified in this way?*

Use the PaD4L questions to investigate and stabilize the integrated state. Let the client know that if they have nothing to say, to just nod. Or if the questions become annoying and they'd rather you stop, just let you know.

1. Feel \_\_\_, how do you feel about \_\_\_?
2. Feel \_\_\_, what do you resist about \_\_\_? What's bad about it? If anything.
3. Feel \_\_\_, what can't you let go of as you experience \_\_\_? If anything.
4. Feel \_\_\_, what do you believe as you feel \_\_\_ or about \_\_\_?
5. Feel \_\_\_, what's good about \_\_\_?
6. Feel \_\_\_, what are you trying achieve, if anything?
7. Feel \_\_\_, direct your awareness to your body. How does your body respond as you feel \_\_\_?
8. Feel \_\_\_, is there anything else important that needs to be said about \_\_\_?  
Anything else you'd like me to know about \_\_\_?

Continue your exploration of the integrated state until there is nothing new to say. It is not necessary to continue asking the questions as they empty. Expand with Pleroma expansion and allow them to stay in the integrated state as long as they like.

**Revisit the chain of content** to check if there is any negative energy left on any of the components AND if the initial problem has been solved.

**Exploration of the Work:**

1. How do you feel about the work you did?
2. Was there anything bad for you?
3. Was there anything in particular good for you?
4. What do you know now that you didn't know before, if anything new?
5. What will change for you as a result of that knowing? How will that influence things going forward?
6. Is there anything else that needs to be said about your work today.

**Verification:**



1. Check the problem.
2. Check the future.
3. Any other POV involved?
4. Need for forgiveness?



PAIR A DAY  
*Troubleshooting Tips*

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1. For the second, third etc. round of questions, exploring a pair of polarities or the nondual state, you can use these variations:
  - a. What ELSE do you feel about ... (name the state)?
  - b. What ELSE do you know about ... (name the state)?
  - c. And so on for each of the 7 questions.
2. Preparatory exercises – remember to lead the first-time client through them. Don't do it mechanically, especially with new people. Tell them not to hurry through the exercises, but to truly FIND something good in every object, person or situation.
3. It's important that your client feels emotionally engaged. Encourage them to really FEEL the problem. Encourage them to look for answers inside themselves, paying attention to what comes up from within. Finding an experience of the polarity, theirs or someone else's can activate the energy of the polarity.
4. Remind them to accept what comes up without judgment, criticism, analysis or evaluation. We don't have to like, approve of, or agree with something to accept it.
5. If your client becomes distanced/ detached/ intellectual /rational, explain to them how you know that they are emotionally detached (give them an example of their detached answer) and remind them that they need to be emotionally engaged and look inside for the answers. Tell them not to suppress anything. If an answer comes from inside, don't censure it – sometimes silly/stupid answers are most valuable, because our problems are irrational. No need for the answers to be clever or intelligent – they need to be honest.
6. If new content comes from inside while we're working on something else, even if it's in the middle of asking questions, invite your client to interrupt you and report that which is coming up.
7. As a collaborator in their care, remember you are collaborating on with them on several levels, from clarifying the problem to collaborating with their highest truest self that is untethered from charged energy. To that end, be dedicated to the client. Be patient.
8. Don't impose anything on the client – you are there to correct them if they wander off but don't force your answers/opinions/formulations/interpretations on them. Always try to be as faithful as you can to their formulations.

9. Watch for the client becoming emotional. Ask them what is sad or funny, if they start crying or laughing – both indicate charge – allow them to linger longer on these emotionally strongly charged places. If you skip them, some charge of emotional energy will remain suppressed.
10. It is important to write down all the polarities and blissful states you work on during the process, but there is no need to write down the answers. I write the answers they can be therapeutically useful for recognizing themes for embodiment home practice. Do mark the answered questions with checks, numbers or abbreviations, so that you always know where you are in the process.
11. Allow your client to say all they want to say as the answer to your question. But don't let them wander off too far, engage in long explanations, memories, justification, analysis etc. Three to four sentences about each question is more than enough. Although shorter answers are OK, too, unless the client has become very emotional, in which case you should give her/him the chance to release all the emotional charge. Don't skip too quickly over emotionally charged content.
12. If at some point in the process (before you are finished with all the questions) your client can't feel the positive polarity when they switch to it, but still feel the negative polarity instead, go back to the negative polarity and ask the last question you answered about it; see if there is something they may have suppressed regarding this question or not expressed in its entirety. Give them room to express it now.

It is also possible that the inability to switch to the positive polarity was due to a new negative polarity struggling to surface. If you realize that this was the case, treat it like any other meta-polarity—find its opposite and switch to this new pair. Remind your client to pay attention to changes in polarities.

If client feels a strong resistance toward a negative polarity is very strong (e.g., they are very emotional about it), you can go through all the questions for the negative polarity first, then go through all the questions for the positive polarity. In other words, you will not alternate from one polarity to the other for each question, but first answer all 7 questions for the negative polarity, then all 7 questions for the positive one.

13. Answering questions – their answers don't have to make sense to you, but if they don't, check with the client – “So you say that ... is good in ...? Is that what you meant?”
14. If you get a positive answer for a negative element or the other way around, first ask to see if the client really meant that this was good/bad. If they did, check to see if the element you're working on has changed, even if you still have more questions to ask. It may be that they have integrated.

- 15.** Whenever a new pair of polarities surfaces, even if you haven't completed the series of questions for the previous one, switch to that new pair, write it down and start with the process with a new series of the 8 questions.
- 16.** If a new, negative non-polar element surfaces, write it down immediately. Feel it and see what its opposite is. Write down this opposing polarity and ask the 7 questions about the pair.

This applies only to what comes from inside of you, in other words, to what is part of the problem. It does not apply to sensations you feel for a second, or thoughts unconnected to the polarities you are working on at that moment. It will feel stronger than a description of the polarity.

- 17.** Mark the questions you have answered. This is best done with abbreviations, checks or numbers so you don't lose much time.
- 18.** It is essential to write down all answers to the questions in solo practice. This may seem like a lot of work, but it is of the utmost significance for the success of your solo-process. When we work with a practitioner, they are the ones who keep on pushing us and returning us back to the right track if our thoughts wander off or if we face a crisis during a process. They keep us between the lines. Since we work alone, our thoughts are bound to wander off and we may be seriously tempted to discontinue the process once the strongest part of charge is gone.

We may suddenly become "sleepy," remember we have something that "really needs to be done right away" so we discontinue the process etc. But if you write down all answers to the questions, you are more likely to remain focused and complete the process successfully. Your notebook will take on the role of a practitioner and help you through the rough patches.

Another benefit of writing as you practice is that the mind matter you write down is expressed, cleared—done with. Space is created for new mind matter to surface. The confusion that is often there during a solo-process is eliminated and the process speeds up. Although writing down everything may seem to a long time, it always pays off. After 15 or so times, you will not likely need to write down the content.

- 19.** Due to lack of time or some other reason, it may happen that you have to finish a process although it is not really complete. In that case, it is important to stop when the client is in a relatively good state. Finishing a process before reaching the highest (ultimate) positive state is not a serious issue, but never leave your client 'on' a negative element or with unexpressed emotional charge. If you do, they'll suffer – emotional energy will be stirred but not discharged. If you are forced to finish a process before it is complete, go back to it as soon as you can and continue working.

How to continue an incomplete process:

- Start from the last element you were working on, if it is charged emotionally;
- If the last element is not charged anymore, check the initial problem – is the client attached to it emotionally? If yes, begin a process with that content.
- If both the last element and the initial problem are clear of charge, check the rest of the elements, if there were any, and start a new process from the one that provokes the strongest emotional reaction in the client.
- Make sure you immediately switch to a new element, good or bad, as soon as you notice it/them. In other words, if you're aware that a new element has come up, or that the old element has transformed into a new one, discontinue questions and answers and switch to that new element – write it down and start asking a new round of the questions. This applies to polarities as well. If you're not sure if this is a new element, check with the client.



## USING THE POLARITIES LISTS

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Ivana Tomanovic developed a two lists of polarities to support practitioners in easily embodiment practice. One list is focused on professional success while the other is about relationships. These lists are a tremendous boon for your practice. They are here for your use. Use them. You may find things changing for you as you untangle from the patterns and illusions created by the conditioned self

### **Tips for getting the most out of lists:**

1. Review sections of the list and note the ones that feel most charged. Begin there. Gradually work your way through the list – a pair a day – checking off as you go.
2. Once you integrate a pair of basic polarities, like Failure / Success, you can personalize them and process them one more time. In this case, it would be I'm a failure / I'm a success or I'm unsuccessful / I'm successful (or something else that suits you better, as long as it's more specific than the basic polarity in question).

Though basic polarities are usually deeper than the personalized ones, they are also much broader; we are often able to feel the personalized ones more acutely, and they are easier to work with.

3. If you want to create polarities for your specific profession, ask yourself:

“What character traits/abilities does an excellent ... (name your profession) have?”

Write down everything that comes to your mind, then write their opposite, negative traits. Naturally, start working from the positive traits you believe you don't have.

4. Work from all relevant points of view. Considering a list of opposites, for all pairs that contain words for groups of people (“people,” “my family,” “my friends” etc. in group Others), or words in plural (like “failures”), apply the method to the group (or the general concept--feeling) first, then to all relevant specific persons (events, experiences etc.). You should do these “specific” processes one by one. For example:
  - a. General pair:  
Expectations of my family / My actual abilities
  - b. Specific pairs:  
Expectations of my wife / My actual abilities

Expectations of my father / My actual abilities etc.

5. If a pair of polarities contains two or more options, choose the option that suits you best. After you integrate those opposites, you can work with the remaining option(s), too, if you (still) have an emotional response to them.
6. On the list of business polarities, you may see pairs of polarities that do not seem to belong in business or financial success. But keep in mind that our problems are entwined and interrelated and that there are some basic things that affect all areas of our lives.
7. If you feel that one polarity is absolutely true for you (for example, My family doesn't respect me as a businesswoman), and it's difficult for you to feel the opposite (the positive polarity) because it's "simply not true", feel how it would be/feel if it were true.
8. If you are about to launch a new product/service, or begin a new enterprise, or start on a new job, go through the list and see what pairs of polarities you can apply to this new situation and neutralize them. Start from the ones you feel are most problematic at that moment, even if you have neutralized them already. They may be filled with "new" emotional charge, as no neutralization is guaranteed to last forever. This especially applies to very broad/basic polarities.
9. Go through the list of opposites related to success and business. Read them and mark the ones you would like to work on, the ones that catch your attention. You don't have to stay very long with each pair. If you don't understand what is meant with some of them, just skip them; you can always find out later. Scan all the opposites and mark the ones you would like to begin working with.
  - a. Go through the list one more time and only pay attention to the polarities you have already marked. Mark the ones you like more than the others. You can do this with a pen in a different color, so that you can tell the difference.
  - b. The criterion for choosing the pairs should be emotional reaction to one or both of opposites. If you feel very uncomfortable or very enthusiastic (or both), then this is a pair you absolutely need to integrate. The stronger the reaction is, the better. And the pair that affects you most emotionally should be priority number one on your list.







POLARITIES  
Business, Money, Success

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- \_\_\_ Failure / Success
- \_\_\_ Despair of failure / Triumph of success
- \_\_\_ Depression caused by failure / Exhilaration of Success
- \_\_\_ Defeat / Victory

Self-esteem, confidence

- \_\_\_ I'm a failure / I'm a success
- \_\_\_ I'm a loser / I'm a winner
- \_\_\_ I don't deserve success / I deserve success
- \_\_\_ I don't respect myself / I respect myself
- \_\_\_ I'm worthless / I'm worthy
- \_\_\_ I'm a fake / I'm genuine
- \_\_\_ I'm a fake / I'm true to my Self
- \_\_\_ I'm unable to make/earn money / I'm able to make/earn money
- \_\_\_ I'm incompetent / I'm competent
- \_\_\_ I'm unqualified / I'm qualified
- \_\_\_ I don't have it in me to succeed / I have it in me to succeed
- \_\_\_ I'm overwhelmed / I'm in control
- \_\_\_ Stress / Relaxation
- \_\_\_ Apathy / Will to succeed
- \_\_\_ Apathy toward work / Enthusiasm for work
- \_\_\_ Being outside my comfort zone / Being in my comfort zone
- \_\_\_ Fearing a challenge / Enjoying a challenge
- \_\_\_ Unknown territory/Uncharted waters / Known territory
- \_\_\_ Apprehensive / Confident
- \_\_\_ Feeling unsafe / Feeling safe
- \_\_\_ Fear of making mistakes / Accepting future mistakes
- \_\_\_ Fear / Daring
- \_\_\_ My shortcomings / My virtues
- \_\_\_ Struggling with my shortcomings / Accepting my shortcomings
- \_\_\_ I can't change my shortcomings/ I can change my shortcomings
- \_\_\_ I can't change myself / I can change myself
- \_\_\_ I can't change / I can change
- \_\_\_ My business potential / My fulfilled business potential
- \_\_\_ I'm a bad... (name your profession) / I'm a good... (name your profession)

Past, Future, Present

- \_\_\_ I screwed up / I did a great job

- \_\_\_ The things I didn't achieve / The things I achieved
- \_\_\_ The things I could have achieved / The things I achieved
- \_\_\_ The things I should have achieved / The things I achieved
- \_\_\_ The things I achieved / The things I want to achieve
- \_\_\_ The things I didn't achieve / The things I want to achieve
- \_\_\_ Missed business opportunities / Used business opportunities
- \_\_\_ Regret because of the missed opportunities / Fulfillment/satisfaction because of the used opportunities
- \_\_\_ Failures I can't accept / Failures I accept
- \_\_\_ Failures I can't make peace with / Failures I made peace with
- \_\_\_ Fearing future failure(s) / Accepting future failure(s)
- \_\_\_ Fearing future failure(s) / Accepting whatever comes/Openness to whatever comes
- \_\_\_ Fearing consequences of my mistake / Accepting consequences of my mistake
- \_\_\_ I'm destined to fail / I'm destined to succeed
- \_\_\_ Attachment to the past / Openness to the Future
- \_\_\_ Attachment to the past / Letting go of the past
- \_\_\_ Fixed image of a desired result / Openness to all outcomes
- \_\_\_ Fear of the unknown / Attraction to the unknown
- \_\_\_ Fear of future / High expectations of future

#### Expectations / Result

- \_\_\_ High expectations / Bad/Poor Result
- \_\_\_ Fear that I will not have enough money / Peace of mind/I'll have enough money
- \_\_\_ I will not have enough work / I will have enough work
- \_\_\_ I will not have enough clients / I will have enough clients
- \_\_\_ The clients will not come / The clients will come
- \_\_\_ My efforts will be not be rewarded / My efforts will be rewarded
- \_\_\_ I can never stop struggling / I can relax
- \_\_\_ I will lose my job / I will keep my job
- \_\_\_ I will lose my job / The things will be just as they should be
- \_\_\_ I will lose my job / I'm open to whatever comes
- \_\_\_ I will lose my job / What's best for me will happen
- \_\_\_ I will not find a job / I will find a job
- \_\_\_ I will never have enough clients / I will have plenty of clients
- \_\_\_ I have to work hard to find clients / A steady flow of clients come my way
- \_\_\_ I will never have the perfect job, the job I want / I will have the perfect job, the job I want
- \_\_\_ Everything is lost / Everything will be alright
- \_\_\_ Everything is lost / Everything is alright
- \_\_\_ Nothing's going my way / Everything's going my way
- \_\_\_ Everything may go wrong / Nothing can go wrong
- \_\_\_ It's ruined forever / I can fix it
- \_\_\_ How things are / How I want things to be

## Past / Future

- My business past / My business future
- Past / Present
- My business past / My business present

## Work

- Uncreative work / Creative Work
- Uninteresting/tedious/boring work / Interesting work
- Everyday things that must be done / Creative Work
- Doing what I must / Doing what I like
- Doing what I hate / Doing what I love
- Working / Relaxing
- Working / Resting
- Working / Enjoying life
- Work / Free time
- Busy / Free
- Having a goal / Not having a goal
- (Being) Focused / (Being) Aimless
- Procrastinating / Working
- Stressful work / Relaxing work
- Working / Spending money

## Confusion

- Chaos / Order
- I need to know / I don't know
- Being confused by circumstances/situation / Understanding circumstances/situation
- Not knowing what to do / Knowing what to do
- Confusion about what needs to be done / Knowing what needs to be done
- Confusion / Understanding
- Confusion / Insight
- Confusion / Clarity
- Feeling uncertain / Feeling certain
- Being stuck / Breaking through/Having a break-through
- I don't know what I'm doing / I know what I'm doing
- Not controlling the circumstances / Controlling the circumstances
- I must control the situation / I can relax

## OTHERS

### Family, friends

- Expectations of my family/friends / My actual abilities/power/capacity
- Expectations of my family / My own desires
- Being unable to provide for my family / Being able to provide for my family
- My family doesn't respect me as a businessman/-woman /

- \_\_\_ My family respects me as a businessman/-woman
- \_\_\_ My family undermines/sabotages me / My family supports me

#### Colleagues, boss, clients

- \_\_\_ Being undermined/sabotaged / Being supported/helped
- \_\_\_ People don't respect me/disrespect me / People respect me
- \_\_\_ People despise me / People admire me
- \_\_\_ People think I'm worthless / People think I'm worthy
- \_\_\_ What will people think of me / People will think well of me
- \_\_\_ People don't accept me as I am / People accept me as I am
- \_\_\_ Hiding my true Self/nature from others / Expressing my true Self/nature freely
- \_\_\_ Feeling uncomfortable in company of others / Feeling relaxed in company of others
- \_\_\_ Introvert / Extrovert
- \_\_\_ Withdrawn / Open/Outgoing
- \_\_\_ Failing to satisfy expectations of others / Satisfying expectations of others
- \_\_\_ People think I'm greedy / People think I'm capable
- \_\_\_ People don't approve/disapprove of me / People approve of me
- \_\_\_ Bad response to my marketing / Good response to my marketing
- \_\_\_ Being refused a favor / Being granted a favor
- \_\_\_ Envyng success(es) of others / rejoicing success(es) of others
- \_\_\_ Feeling inferior to others / Feeling superior to others
- \_\_\_ Feeling inferior to others / Feeling One with others
- \_\_\_ I'm inferior to others / I'm superior to others
- \_\_\_ I'm inferior to others / I'm One with others
- \_\_\_ Feeling pressured by others / Being relaxed under pressure
- \_\_\_ Not helping others / Helping others
- \_\_\_ Selfishness / Sacrifice
- \_\_\_ Not accepting others / Accepting others
- \_\_\_ Refusing help / Giving help
- \_\_\_ Refusing favors / Doing favors
- \_\_\_ Feeling uncomfortable about refusing money/favors/... / Feeling comfortable about refusing money/favors/...

#### Money

- \_\_\_ Greedy / Generosity
- \_\_\_ Giving money / Taking money
- \_\_\_ Paying money / Charging money
- \_\_\_ Borrowing money / Lending money
- \_\_\_ Borrowing money / Returning money
- \_\_\_ Borrowing money / Failing to return money
- \_\_\_ Failing to return money / Returning money
- \_\_\_ Success in making money / Failure in making money
- \_\_\_ Giving / Receiving (material goods and money)
- \_\_\_ Asking for money / Offering money

- \_\_\_ Win / Loss
- \_\_\_ Making money / Spending money
- \_\_\_ Making money / Saving money
- \_\_\_ Getting money / Losing money
- \_\_\_ Having money / Not having money
- \_\_\_ Feeling good when you have money / Feeling bad when you don't have money
- \_\_\_ Good feeling when you have money / Feeling guilty when you do not have it
- \_\_\_ Squandering money / Stinginess with money
- \_\_\_ Feeling inferior when you have no money / Feeling superior when you have it
- \_\_\_ Feeling powerful when you have money / Feeling powerless when you don't
- \_\_\_ Money / Love
- \_\_\_ Money / Spirituality

### Mistakes

- \_\_\_ Resenting a mistake / Forgiving a mistake
- \_\_\_ Criticism / Tolerance
- \_\_\_ Refusing responsibility for a mistake / Accepting responsibility for a mistake
- \_\_\_ Dishonesty / Honesty
- \_\_\_ Lying / Telling the truth
- \_\_\_ Misunderstanding / Understanding
- \_\_\_ Conflict / Harmony
- \_\_\_ Quarrel / Peace
- \_\_\_ Perfect / Imperfect
- \_\_\_ Bad client/colleague/boss/... / Good client/colleague/boss/...
- \_\_\_ Difficult client / Easy client
- \_\_\_ Mistake / Perfection

### Basic Polarities

- \_\_\_ Hesitation / Action
- \_\_\_ Hesitation / Decisiveness
- \_\_\_ Waiting / Acting
- \_\_\_ Recklessness / Caution
- \_\_\_ Impatience / Patience
- \_\_\_ Bad results / Good results
- \_\_\_ Thwarted development / Smooth development
- \_\_\_ Thwarted progress / Smooth progress
- \_\_\_ Failing expectations / Fulfilling expectations
- \_\_\_ Unlucky / Lucky
- \_\_\_ Giving up / Persevering
- \_\_\_ Destiny is against me / Destiny is on my side
- \_\_\_ Everything is working against me / Everything is working to my advantage
- \_\_\_ Limitation / Freedom
- \_\_\_ I'm limited / I have no limits/I'm free
- \_\_\_ Wealth / Poverty
- \_\_\_ Abundance / Scarcity

- \_\_\_ Starvation / Fullness
- \_\_\_ Dying in poverty / Prospering in wealth
- \_\_\_ Disappointment / Enthusiasm
- \_\_\_ Despair / Enthusiasm
- \_\_\_ Apathy / Enthusiasm
- \_\_\_ Despair / Joy
  
- \_\_\_ Retreat / Advance/Progress
- \_\_\_ Dissatisfaction / Satisfaction
- \_\_\_ Weakness / Power
- \_\_\_ Weakness / Strength
- \_\_\_ Weakness / Vitality
- \_\_\_ Lethargy / Vitality
- \_\_\_ Inertia / Initiative
- \_\_\_ Passivity / Activity (Being passive / Being active)
- \_\_\_ Lack of inspiration / Inspiration
- \_\_\_ Getting inspiration / Putting ideas into practice
  
- \_\_\_ I can't / I can
- \_\_\_ I can't / I want to
- \_\_\_ I must / I want
- \_\_\_ Be / Act
- \_\_\_ Act / Have
  
- \_\_\_ Potential / Fulfilled potential
- \_\_\_ Needing / Having
- \_\_\_ I need / I have
- \_\_\_ Desiring / Having
- \_\_\_ I desire / I have
- \_\_\_ Not having / Having
- \_\_\_ I don't have / I have
- \_\_\_ Lacking / Having
- \_\_\_ Things I desire / Things I have
- \_\_\_ Things I can't have / Things I can have
- \_\_\_ Things I can't afford / Things I can afford
  
- \_\_\_ Earning / Spending
- \_\_\_ Spending / Saving
- \_\_\_ Spending money on necessities / Spending money on things I love
- \_\_\_ Stinginess / Generosity
- \_\_\_ (Being) reckless with money / (Being) wise with money
- \_\_\_ Giving / Taking
- \_\_\_ Giving / Receiving
- \_\_\_ Giving with hesitation / Giving with joy-Giving freely
- \_\_\_ Taking-Accepting with hesitation / Taking/Accepting with gratitude/joy

\_\_\_ Taking-Accepting with embarrassment / Taking-Accepting with gratitude-joy  
\_\_\_ Earning with difficulty / Earning with ease  
\_\_\_ Needing / Earning  
\_\_\_ Nothing / Something  
\_\_\_ Nothing / Everything  
\_\_\_ I have nothing / I have something  
\_\_\_ I have nothing / I have everything  
\_\_\_ I want more / I have enough

\_\_\_ Death / Life  
\_\_\_ Destiny / Freedom  
\_\_\_ Karma / Freedom/Freedom from karma  
\_\_\_ Restlessness / Peace  
\_\_\_ Nothing / All  
\_\_\_ All or nothing / Moderation  
\_\_\_ Extremes / Moderation  
\_\_\_ Extremes / Middle way  
\_\_\_ Opposites / Neutralization/Integration/Oneness  
\_\_\_ The Material / The Spiritual  
\_\_\_ The Material / The Divine  
\_\_\_ Material universe / Spiritual universe

\_\_\_ Dependence / Independence  
\_\_\_ Ignorance / Knowledge  
\_\_\_ I don't know / I know  
\_\_\_ Control / Freedom  
\_\_\_ Controlling / Letting go  
\_\_\_ Existing / Creating  
\_\_\_ Cause / Consequence  
\_\_\_ Fear / Fearlessness  
\_\_\_ Recklessness / Caution  
\_\_\_ Forgetfulness / Focus  
\_\_\_ Negative / Positive  
\_\_\_ Bad / Good  
\_\_\_ Slavery / Freedom

CONTINUE ADDING TO THE LIST



POLARITIES  
Love and Relationships

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BREAKUP, DIVORCE, HEARTACHE

Breakup

- \_\_\_ Love / Breakup
- \_\_\_ Being in love / Breaking up
- \_\_\_ Starting a relationship / Breaking up
- \_\_\_ The beginning of love/relationship / The end of love/relationship
- \_\_\_ Coming together / Separating
- \_\_\_ Uniting / Parting
- \_\_\_ Togetherness / Solitude
- \_\_\_ Together / Alone
- \_\_\_ With a partner / By myself
- \_\_\_ Breaking up / Making up
- \_\_\_ Leaving / Staying
- \_\_\_ Staying / Moving on
- \_\_\_ Deciding/Decision to stay / Deciding/Decision to move on/part ways
- \_\_\_ Knowing that things will not work out / Hoping that things will work out
- \_\_\_ Being abandoned / Staying together
- \_\_\_ Losing a partner / Keeping a partner
- \_\_\_ Joy of being together / Fear/Pain of being alone
- \_\_\_ Desire to leave / Desire to reconcile
- \_\_\_ Desire to fix a relationship/marriage / Desire to break up
- \_\_\_ Giving up on a relationship/marriage / Working on a relationship/marriage
- \_\_\_ I can't let go / I've had enough
- \_\_\_ I have to let go / I can't let go
- \_\_\_ Hating my ex / Loving my ex
- \_\_\_ Not forgiving my ex / Forgiving my ex
- \_\_\_ Being stuck in hatred for my ex / Moving on (Releasing my ex)
- \_\_\_ Resenting my ex / Accepting my ex (as s/he is)
- \_\_\_ Resenting my ex's (past) behavior / Accepting my ex's (past) behavior

Divorce

- \_\_\_ Wedding / Divorce
- \_\_\_ Marriage / Divorce
- \_\_\_ Hostile divorce / Friendly/Peaceful divorce
- \_\_\_ Married / Divorced
- \_\_\_ Getting married / Getting divorced
- \_\_\_ Joy of marriage / Despair of divorce
- \_\_\_ Pride of getting married / Shame of getting divorced



- \_\_\_ Joy of wedding / Pain of divorce
- \_\_\_ Looking forward to my wedding / Dreading divorce
- \_\_\_ Failed marriage / Successful marriage
- \_\_\_ Not being able to move on after divorce / Moving on after divorce
- \_\_\_ Loveless/Unhappy marriage / Loving/Happy marriage
- \_\_\_ Separating / Divorcing
- \_\_\_ Desire to divorce / Desire to stay married/together
- \_\_\_ Creating a family / Breaking up a family
- \_\_\_ United family / Broken family
- \_\_\_ Happy family/home / Unhappy family/home
- \_\_\_ Happily ever after / (Spending the rest of my) Life in misery
- \_\_\_ Building a family/life together / Dissolving a family/life together
- \_\_\_ Combining things/assets/property / Dividing things/assets/property
- \_\_\_ Sharing things/assets/property / Dividing things/assets/property
- \_\_\_ Acquiring property/assets / Losing property/assets
- \_\_\_ Acquiring together property/assets / Dividing property/assets
- \_\_\_ My things/property/assets/(house, car...) / Your (his/her) things / property / assets/(house, car...)
- \_\_\_ Buying a house/flat/home / Selling a house/flat/home
- \_\_\_ Buying a house/flat/home together / Dividing a house/flat/home
- \_\_\_ Buying a house/flat/home / Leaving a house/flat/home
- \_\_\_ Full house / Empty house
- \_\_\_ Living together / Living on my own
- \_\_\_ Having a child/children together / Dividing children/custody
- \_\_\_ Raising children together / Raising children apart
- \_\_\_ Parenting together / Being a single mother/father
- \_\_\_ Losing my child/children / Keeping my child/children
- \_\_\_ Needing money for my child/children / Not receiving child support /alimony
- \_\_\_ Paying child support/alimony / Not paying child support/alimony
- \_\_\_ Being ordered to pay child support/alimony / Resisting to pay child support/alimony
- \_\_\_ Seeing my child/children whenever I want / Seeing my child/children only when I'm allowed to
- \_\_\_ Always being there for my child/children / Not being there for my child /children

### Heartache

- \_\_\_ Failure in love / Success in love
- \_\_\_ Despair of a failed relationship / Triumph/Joy of a successful relationship
- \_\_\_ Depression caused by failed relationship / Exhilaration of a successful / satisfying relationship
- \_\_\_ Unloved / Loved
- \_\_\_ Abandoned / Cherished/Loved
- \_\_\_ Unrequited love / Requited love
- \_\_\_ Pain of rejection/unrequited love / Joy of (requited) love
- \_\_\_ Loving / Being loved

- \_\_\_ Giving love / Receiving love
- \_\_\_ Absence/lack/loss of love / Love
- \_\_\_ Hatred / Love
- \_\_\_ Despised / Loved
- \_\_\_ Rejected / Loved
- \_\_\_ Rejecting / Being rejected
- \_\_\_ Broken heart / Whole heart
- \_\_\_ Broken heart / Healed heart
- \_\_\_ Lacking / Being whole
- \_\_\_ Love is gone / Love is here
- \_\_\_ Losing love / Gaining love
- \_\_\_ Love / Pain
- \_\_\_ Love is pain / Love is pleasure/joy
- \_\_\_ Hurting others / Being hurt

#### CRISIS IN A RELATIONSHIP

- \_\_\_ New love / Old love
- \_\_\_ Excitement in love / Monotony in love
- \_\_\_ Excitement of a new relationship / Monotony of an old relationship
- \_\_\_ Being in love / Loving truly/deeply
- \_\_\_ Passionate love / True (deep) love
- \_\_\_ Crazy/Young love / Wise/Mature love
- \_\_\_ Passionate love / Calm love
- \_\_\_ Passionate love / Deep friendship

#### Confusion

- \_\_\_ Chaotic love life / Stable/peaceful love life
- \_\_\_ I need to know / I don't know
- \_\_\_ I need to know how s/he feels / I don't know how s/he feels
- \_\_\_ I doubt her/his love / I'm secure/confident in her/his love
- \_\_\_ Being confused by circumstances/situation / Understanding circumstances/situation
- \_\_\_ Not knowing what to do / Knowing what to do
- \_\_\_ Confusion about what needs to be done / Knowing what needs to be done
- \_\_\_ Confusion / Understanding
- \_\_\_ Confusion / Insight
- \_\_\_ Confusion / Clarity
- \_\_\_ Feeling uncertain / Feeling certain
- \_\_\_ Being stuck in love / Breaking through/Having a break-through in love
- \_\_\_ Not controlling the circumstances / Controlling the circumstances
- \_\_\_ Not controlling my partner/spouse / Controlling my partner/spouse
- \_\_\_ I must control the situation/my partner/spouse / I can relax

#### Dissatisfaction, Growth

- \_\_\_ Unfulfilled in love / Fulfilled in love

- \_\_\_ Dissatisfied with my partner / Satisfied with my partner
- \_\_\_ Something is missing (in my relationship) / I have everything (in my relationship) / I'm fulfilled (in my relationship)
- \_\_\_ Stuck (in a relationship) / Growing/developing (in a relationship)
- \_\_\_ Happy/Satisfied in a relationship / Unhappy/Frustrated in a relationship
- \_\_\_ Relationship that's going nowhere / Relationship that's progressing/developing/growing
- \_\_\_ Relationship without a future / Relationship with a future
- \_\_\_ Stalemate / Blossoming/growing/developing relationship
- \_\_\_ Relationship in a crisis / Harmonious relationship
- \_\_\_ Good times / Bad times
- \_\_\_ Crisis / Beautiful memories
- \_\_\_ Facing a crisis alone / Facing a crisis together
- \_\_\_ Facing a crisis / Overcoming a crisis

### Conflict

- \_\_\_ Conflict / Harmony
- \_\_\_ Petty / Broad-minded
- \_\_\_ Petty arguments / Tolerance/Forgiveness
- \_\_\_ Intolerance / Tolerance
- \_\_\_ Things I can't tolerate / Things I can tolerate
- \_\_\_ Wanting different things / Wanting the same things
- \_\_\_ Irreconcilable differences / Reconcilable differences
- \_\_\_ Quarrel / Peace/Love/Connection
- \_\_\_ Misunderstanding / Understanding
- \_\_\_ Bad partner/person/spouse... / Good partner/person/spouse...
- \_\_\_ Difficult love / Easy love
- \_\_\_ Aggression / Submission/Yielding
- \_\_\_ Aggressive / Defensive
- \_\_\_ Releasing anger / Suppressing anger
- \_\_\_ Irritated / Unperturbed
- \_\_\_ The Unforgiven / The Forgiven
- \_\_\_ Bearing a grudge / Forgiving
- \_\_\_ Revenge / Forgiveness
- \_\_\_ Possessive / Trusting/Relaxed
- \_\_\_ Jealous / Trusting/Carefree
- \_\_\_ Distrustful / Trustful
- \_\_\_ Not being able to control others / Being able to control others
- \_\_\_ Desire to control my partner / Letting my partner be him/herself
- \_\_\_ Desire to control my partner / Shame of trying to control my partner
- \_\_\_ Giving up / Persevering

### SELF-ESTEEM, CONFIDENCE, FEARS

- \_\_\_ I am unlovable / I'm lovable
- \_\_\_ Who could love me / I'm lovable

- \_\_\_ I'm a loser / I'm a winner
- \_\_\_ I'm worthless / I'm worthy
- \_\_\_ Lacking / (Being) Whole
- \_\_\_ I lack / I'm whole
- \_\_\_ Inner lacking / Inner wholeness
- \_\_\_ Love is outside of me / Love is inside of me
- \_\_\_ Love is outside of me / Love is everywhere
- \_\_\_ I don't deserve love/happiness/a happy home / I deserve love/ happiness /a happy home
- \_\_\_ I'm unworthy of love / I'm worthy of love
- \_\_\_ Loving others / Loving myself
- \_\_\_ Self-hate / Self-love
- \_\_\_ I don't deserve a good (the right) partner / I deserve a good (the right) partner
- \_\_\_ I'm a bad person / I'm a good person
- \_\_\_ I'm flawed / I'm OK/I accept my flaws/I accept myself
- \_\_\_ I'm inferior / I'm superior
- \_\_\_ I'm inferior / I'm equal to others/I'm one with others
- \_\_\_ I don't respect myself / I respect myself
- \_\_\_ Others don't respect me / I don't respect myself
- \_\_\_ Others respect me / I don't respect myself
- \_\_\_ Respected / Disrespected
- \_\_\_ Unassertiveness / Assertiveness
- \_\_\_ Self-doubt / Self-confidence
- \_\_\_ I'm unable to make a relationship work / I'm able to make a relationship work
- \_\_\_ Overwhelmed by emotions / In control of my emotions
- \_\_\_ Stressed in a relationship / Relaxed in a relationship
- \_\_\_ Feeling apathy about my love life / Feeling enthusiasm about my love life
- \_\_\_ Being outside of my comfort zone / Being in my comfort zone
- \_\_\_ Unknown territory/Uncharted waters / Known territory
- \_\_\_ Apprehensive / Confident
- \_\_\_ Fear of making mistakes / Accepting future mistakes
- \_\_\_ Fear / Daring
- \_\_\_ My shortcomings / My virtues
- \_\_\_ Struggling with my shortcomings / Accepting my shortcomings
- \_\_\_ I can't change my shortcomings / I can change my shortcomings
- \_\_\_ I can't change myself / I can change myself
- \_\_\_ I can't change / I can change
- \_\_\_ My potential in love / My fulfilled potential in love
- \_\_\_ I'm a bad partner/spouse/lover / I'm a good... partner/spouse/lover
- \_\_\_ Aligning myself to my partner/others / Aligning myself to my True/inner Self
- \_\_\_ Living my partner's Truth / Living my Truth
- \_\_\_ Living someone else's life / Living my (own) life
- \_\_\_ Compromising on my Truth / Living my Truth
- \_\_\_ Compromising on my deepest values / Living according to my deepest values
- \_\_\_ Lacking moral integrity / Having moral integrity

- \_\_\_ Lack of moral integrity / Moral integrity
- \_\_\_ Being a fake / Being genuine
- \_\_\_ Being a fake / Being true to my Self
- \_\_\_ Fear of being judged/criticized / Being OK with partner's/others' judgment/criticism/reactions
- \_\_\_ Fear of being judged / Judging others
- \_\_\_ Others/My partner can hurt me / Nothing/No one can hurt me
- \_\_\_ Others/My partner can hurt me / Nothing/No one can hurt my true/inner Self
- \_\_\_ Fear of a new relationship / Openness to a new relationship
- \_\_\_ Shrinking from love / Surrendering to love
- \_\_\_ Ashamed of being single / Proud of having a partner
- \_\_\_ Ashamed of being single / Proud of being single
- \_\_\_ Pressure to find a partner / Being OK under pressure/on my own
- \_\_\_ Stronger with a partner / Stronger on my own
- \_\_\_ Strong together / Weak alone
- \_\_\_ Unfulfilled in love / Fulfilled in love
- \_\_\_ Love / Freedom
- \_\_\_ Experienced in love/ Inexperienced in love
- \_\_\_ Shy / Confident/Self-assured
- \_\_\_ Withdrawn / Outgoing
- \_\_\_ Submissive / Assertive
- \_\_\_ Rejecting myself / Accepting myself
- \_\_\_ Being treated badly / Being treated well
- \_\_\_ I deserve to be treated badly / I deserve to be treated well
- \_\_\_ Unsafe (in love/relationship) / Safe (in love/relationship)
- \_\_\_ Insecure (in love/relationship)/ Secure (in love/relationship)
- \_\_\_ Weakness / Power/Strength
- \_\_\_ Weakness / Vitality
- \_\_\_ Lethargy / Vitality
- \_\_\_ Inertia / Initiative
- \_\_\_ Passivity / Activity (Being passive / Being active)
- \_\_\_ I can't / I can

#### MINDSET, HABITS, BEHAVIOR, INTERACTION

- \_\_\_ Giving / Receiving
- \_\_\_ Unable to give / Able to give
- \_\_\_ Unable to receive / Able to receive
- \_\_\_ Unable to give / Unable to receive
- \_\_\_ Fear of giving / Joy of giving
- \_\_\_ Unequal give-and-take / Equal give-and-take
- \_\_\_ Selfishness / Sacrifice
- \_\_\_ Stubbornness/Inflexibility / Compromise
- \_\_\_ Unbending/Obstinate / Flexible
- \_\_\_ Uncompromising / Compromising
- \_\_\_ Compromising is bad / Compromising is good

- \_\_\_ Compromising on important things/values / Compromising on minor /less important things/values
- \_\_\_ Being rigid in a relationship / Changing my mindset in a relationship/ Being open to change/growth/compromise in a relationship
- \_\_\_ Intolerant / Tolerant
- \_\_\_ Petty / Broad-Minded
- \_\_\_ Unforgiving / Forgiving
- \_\_\_ Revengeful / Forgiving
- \_\_\_ Disrespectful to my partner / Respectful to my partner
- \_\_\_ Disrespectful behavior / Respectful behavior
- \_\_\_ Disrespecting / Disrespected
- \_\_\_ Disrespected/Diminished/Insulted in front of others / Respected/Appreciated/Praised in front of others
- \_\_\_ Loving my partner more than myself / Loving myself more than my partner
- \_\_\_ Uncaring / Caring
- \_\_\_ Impatient / Patient
- \_\_\_ Not willing to work on my relationship/marriage / Willing to work on my relationship/marriage
- \_\_\_ Working on/Cultivating my relationship/marriage / Letting my relationship/marriage take care of itself
- \_\_\_ Wanting to breakup / Willing to fix my relationship/marriage
- \_\_\_ Lazy/Inert in my relationship / Active/Creative in my relationship
- \_\_\_ High expectations of my partner / Low expectations of my partner
- \_\_\_ High expectations of my partner / Realistic expectations of my partner
- \_\_\_ Unfulfilled expectations / Fulfilled expectations
- \_\_\_ Resenting a mistake / Forgiving a mistake
- \_\_\_ Criticism / Tolerance
- \_\_\_ Refusing responsibility for a mistake / Accepting responsibility for a mistake
- \_\_\_ Refusing to help my partner / Helping my partner
- \_\_\_ Being refused help / Being helped
- \_\_\_ Giving love/attention/money to my love interest/partner/spouse/family / Refusing to give love/attention/money to my love interest/partner/ spouse/family
- \_\_\_ Giving love/attention ... / Getting love/attention ...

#### ATTRACTING/FINDING THE RIGHT PARTNER

- \_\_\_ Unwanted (sexual) advances / Mutual attraction
- \_\_\_ Having chemistry/spark (w/ someone) / Lacking chemistry/spark (w/ someone)
- \_\_\_ Disinterested / Interested
- \_\_\_ Undesirable / Desirable
- \_\_\_ Fear of approaching my love interest / Courage to approach my love interest
- \_\_\_ Casual relationship / Committed relationship
- \_\_\_ Player / Reliable/Stable man/Husband material
- \_\_\_ Looking for a fling/casual relationship / Looking for a serious relationship
- \_\_\_ Casual/Sexual relationship / Serious relationship/True love

\_\_\_ Partner for a sexual/casual relationship / Partner for a serious relationship/marriage

\_\_\_ Being with a someone I like / Being with someone I love

\_\_\_ Liking (someone) / Loving (someone)

\_\_\_ Wanting a different kind of a relationship (than the other side)

/ Wanting the same kind of a relationship (as the other side)

#### True Love/Soul mates

\_\_\_ Finding the perfect partner / Growing with a partner

\_\_\_ All or nothing / Growing together

\_\_\_ There's just one right person for me / Many people could be right for me

\_\_\_ Bad partner/Bad match/Wrong person / Soul mate/Perfect match/Right person/

\_\_\_ Perfect partner/Soul mate / Partner with whom I can grow

\_\_\_ Looking for the perfect partner/soul mate / Willing to build a good relationship

\_\_\_ Perfect match / Good match

\_\_\_ Bad partner / Good partner

\_\_\_ Bad man (woman) / Good man (woman)

\_\_\_ Bad judgment of character / Good judgment of character

\_\_\_ I attract the wrong men (women) / I attract the right men (women)

\_\_\_ I'm attracted to the wrong men (women) / I'm attracted to the right men (women)

\_\_\_ Men/women I go for/Get attracted to / My ideal partner

\_\_\_ I'll never find the right partner / I'll find the right partner

\_\_\_ I'll never find the right partner / I'll find the person who's right for me

\_\_\_ I'll never find the right partner / What's best for me will happen

#### Desires, Values & Miscellaneous

\_\_\_ My fundamental values/desires / Things I can grow to love

\_\_\_ Compromising on my fundamental values / Compromising on minor things

\_\_\_ Compromising on my fundamental values / Asserting my fundamental values

\_\_\_ Being turned off by little things / Being tolerant about little things

\_\_\_ Choosing a partner based on sexual attraction/infatuation / Choosing a partner

based on fundamental values

\_\_\_ Having different values / Sharing values

\_\_\_ Wanting different things / Wanting the same things

\_\_\_ Unrealistic expectations / Realistic expectations

\_\_\_ All or nothing / Realistic expectations

\_\_\_ Being too demanding / Being too compromising

\_\_\_ Being too demanding / Being realistic

\_\_\_ Unlucky (in love/with men/women) / Lucky (in love/with men/women)

\_\_\_ Failing love interest's expectations / Fulfilling love interest's expectations

\_\_\_ Feeling inferior to my love interest / Feeling superior to my love interest

\_\_\_ Feeling inferior to my love interest / Feeling equal to my love interest

\_\_\_ Trying to impress / Being myself

\_\_\_ Disappointment / Enthusiasm

\_\_\_ Bitter in love / Realistic in love

- \_\_\_ Bitter in love / Naïve in love
- \_\_\_ Realistic in love / Naïve in love
- \_\_\_ Bad love / Good love
- \_\_\_ False love / True love
- \_\_\_ Superficial love / Deep love
- \_\_\_ Conditional love / Unconditional love
- \_\_\_ Karmic relationship / Free relationship
- \_\_\_ Being pulled into a relationship / Consciously choosing to enter a relationship
- \_\_\_ Entering a relationship compulsively / Entering a relationship freely/ consciously
- \_\_\_ Entering a relationship for the wrong reasons / Entering a relationship for the right reasons
- \_\_\_ Overwhelmed by emotions/inferior elements/passion/sexual attraction / Emotionally stable/Centered
- \_\_\_ Rushing into a relationship / Taking it slow
- \_\_\_ Love / Reason
- \_\_\_ Being in love / Loving truly/deeply
- \_\_\_ Passion / True/Deep love
- \_\_\_ Crazy/Young love / Wise/Mature love
- \_\_\_ Passionate love / Calm love
- \_\_\_ Passionate love / (Deep) Friendship
- \_\_\_ Friendship / Love
- \_\_\_ Love conquers all / Love sucks

#### Single/Dating

- \_\_\_ Single / Coupled/Engaged/ Married
- \_\_\_ Being single / Having a partner
- \_\_\_ Ashamed of being single / Proud of being single
- \_\_\_ Pressure to find a partner / Being OK/I'm better off on my own
- \_\_\_ I need a partner / I don't need a partner
- \_\_\_ I want a partner / I'm better off alone
- \_\_\_ Unsatisfied without a partner / Unsatisfied with a partner
- \_\_\_ Fear of a new relationship / Openness to a new relationship
- \_\_\_ Withdrawing/Shrinking from love / Surrendering to love
- \_\_\_ Getting closer / Retreating/Leaving
- \_\_\_ Becoming attached / Becoming detached
- \_\_\_ Trying to attract / Pushing away
- \_\_\_ (Being) Attracted to / (Being) Pushed away
- \_\_\_ Attractive to a love interest / Pushed away/rejected by a love interest
- \_\_\_ Unsafe in love / Safe in love
- \_\_\_ Insecure in love / Secure in love
- \_\_\_ Love is important / Love is not important
- \_\_\_ Career / Love (life)
- \_\_\_ Love / Freedom
- \_\_\_ (Feeling) Stifled in love / (Feeling) Free in love
- \_\_\_ Wanting / Having



- \_\_\_ Wanting / Not having
- \_\_\_ Wanting / Getting
- \_\_\_ Wanting / Not getting
- \_\_\_ Not having / Having
- \_\_\_ Attraction / Aversion/Repulsion
- \_\_\_ Hesitation / Action
- \_\_\_ Hesitation / Decisiveness
- \_\_\_ Waiting / Acting
- \_\_\_ Recklessness / Caution
- \_\_\_ Taking initiative / Yielding initiative
- \_\_\_ Active / Passive
- \_\_\_ Introvert / Extrovert
- \_\_\_ Withdrawn / Open/Outgoing
- \_\_\_ Going out / Staying at home
- \_\_\_ Needy / Self-sufficient/Loving
- \_\_\_ Showing neediness / Suppressing neediness

#### CHILDREN

- \_\_\_ Loving my child/children more than my partner / Loving my partner more than my child/children
- \_\_\_ Giving more time/attention/love to my child/children / Giving more time/attention/love to my partner
- \_\_\_ Neglecting my partner because of my child/children / Neglecting my child/children because of my partner
- \_\_\_ Childless marriage / Marriage with children
- \_\_\_ Wanting children / Not wanting children
- \_\_\_ Wanting children / Being with a partner who doesn't want children
- \_\_\_ Wanting children / Not being able to have children
- \_\_\_ Wanting children / Having children
- \_\_\_ Wanting a male child / Wanting a female child
- \_\_\_ Marriage/relationship before children / Marriage/relationship after children
- \_\_\_ Chaotic family life / Ordered family life
- \_\_\_ Stressed (by) family life / Relaxed family life
- \_\_\_ Overwhelmed by obligations / Enjoying family life
- \_\_\_ Family life / Single life
- \_\_\_ Unhappy home / Happy home
- \_\_\_ Home without children / Home with children

#### IN-LAWS, OTHERS

- \_\_\_ Expectations of my partner/family/in-laws / My actual abilities/power/capacity
- \_\_\_ Expectations of my partner/family/in-laws / My own desires
- \_\_\_ My partner/family/in-laws do(es)n't respect me / My partner/family/in-laws respect(s) me
- \_\_\_ My partner/family/in-laws undermine(s)/sabotage(s) me / My partner/family/in-laws support(s) me

- \_\_\_ Being undermined/sabotaged / Being supported/helped
- \_\_\_ Failing to satisfy expectations of my partner/family/in-laws/ Satisfying expectations of my partner/family/in-laws
- \_\_\_ Feeling inferior to my partner/family/in-laws / Feeling superior to my partner/family/in-laws
- \_\_\_ Feeling inferior to my partner/family/in-laws/ Feeling equal to my partner/family/in-laws
- \_\_\_ Feeling pressured by my partner/family/in-laws/ Being relaxed under pressure
- \_\_\_ Not accepting my partner/family/in-laws/ Accepting my partner/family/in-laws

#### MONEY, FINANCES, WORK

- \_\_\_ Scarcity / Abundance
- \_\_\_ Poverty / Wealth
- \_\_\_ Living in poverty / Living in abundance
- \_\_\_ Poor home / Wealthy home
- \_\_\_ Financially insecure / Financially secure
- \_\_\_ Struggling financially / Being well off
- \_\_\_ Being unable to provide for my partner/spouse/family / Being able to provide for my partner/spouse/family
- \_\_\_ Not earning enough for my family / Earning enough for my family
- \_\_\_ Earning more than my partner / Earning less than my partner
- \_\_\_ Financially dependent on a partner / Financially independent
- \_\_\_ Career woman / Housewife/Stay-at-home mom
- \_\_\_ Working / Staying at home
- \_\_\_ Being forced/urged to work by my partner / Being free not to work
- \_\_\_ Being forced/urged to quit by my partner / Desire to work
- \_\_\_ Quarreling over money/finances / Agreeing on money/finances
- \_\_\_ Having debt / Free of debt
- \_\_\_ Deep in debt / Free of debt
- \_\_\_ Giving too much / Giving too little
- \_\_\_ Having the same financial goals / Having different financial goals
- \_\_\_ Spending money on different things / Spending money on the same things
- \_\_\_ Being critical over partner's spending / Being criticized by partner over spending
- \_\_\_ Being too materialistic / Being too spiritual
- \_\_\_ Earning money / Doing the spiritual work
- \_\_\_ Materialistic / Spiritual
- \_\_\_ Ambitious / Unambitious/Modest
- \_\_\_ Financially demanding partner / Financially undemanding partner
- \_\_\_ Lazy partner / Hard-working partner
- \_\_\_ Love / Money/Career

#### FAITHFULNESS, LOYALTY, CHEATING

- \_\_\_ Cheating / Being cheated on
- \_\_\_ Cheating / Faithfulness
- \_\_\_ Cheating / Regretting cheating/Feeling guilty

- \_\_\_ Cheating / Being found out
- \_\_\_ Unfaithful/Disloyal / Faithful/Loyal
- \_\_\_ Unreliable / Reliable
- \_\_\_ Lacking something in a relationship / Being satisfied in a relationship
- \_\_\_ Being attracted to other people / Being attracted to my partner
- \_\_\_ Being tempted to cheat / Acting on temptation
- \_\_\_ Being tempted to cheat / Conquering/overcoming temptation
- \_\_\_ Acting on temptation / Conquering/overcoming temptation
- \_\_\_ Dishonest / Honest
- \_\_\_ Lying / Telling the truth
- \_\_\_ Lying / Being caught in a lie
- \_\_\_ Big lies / Small/White lies
- \_\_\_ Necessary lies / Unnecessary lies

### Jealousy

- \_\_\_ Jealous / Secure/Trusting
- \_\_\_ Feeling jealousy / Suppressing jealousy
- \_\_\_ Distrust / Trust
- \_\_\_ Insecure about partner's love / Secure about partner's love
- \_\_\_ Possessive / Secure/Confident
- \_\_\_ Desire to control partner / Desire to trust/set partner free
- \_\_\_ Unreliable/Untrustworthy partner / Reliable/Trustworthy partner

### SEX

- \_\_\_ Man / Woman
- \_\_\_ Heterosexual / Homosexual
- \_\_\_ Love / Sex
- \_\_\_ Looks matter / Looks don't matter
- \_\_\_ Looks / Essence/True Self
- \_\_\_ How someone looks / How someone is
- \_\_\_ Confidence / Lack of confidence
- \_\_\_ I'm unattractive / I'm attractive
- \_\_\_ Unattractive partner / Attractive partner
- \_\_\_ Losing sexual interest in my partner / Being sexually interested in my partner
- \_\_\_ Having chemistry / Chemistry is gone
- \_\_\_ Losing interest in sex / Being interested in sex
- \_\_\_ Uncontrollable desire / Controllable desire
- \_\_\_ Lack of self-control / Self-control
- \_\_\_ Polyamorous / Monogamous
- \_\_\_ Polygamous relationship / Monogamous relationship
- \_\_\_ Frequent sex / Infrequent sex
- \_\_\_ Good sex / Bad sex
- \_\_\_ Good sex / Frequent sex
- \_\_\_ Spiritual love / Sexual love
- \_\_\_ Spiritual partners / Sexual partners

- \_\_\_ Sex / Friendship
- \_\_\_ Sexual partners / Friends
- \_\_\_ Casual Sex / Sex with my partner
- \_\_\_ Sex with person I don't love / Sex with person I love
- \_\_\_ Adultery / Sex with partner/spouse
- \_\_\_ No sex marriage / Passionate marriage
- \_\_\_ Desire / Satisfaction/Fulfillment of desire
- \_\_\_ Attraction / Repulsion
- \_\_\_ Attraction to sex / Aversion to sex
- \_\_\_ Sexual desire / Aversion to sex
- \_\_\_ Sexual desire / Ashamed of sexual desire
- \_\_\_ High sex drive / Low sex drive
- \_\_\_ Ashamed/Inhibited in sex / Free/Confident/Relaxed in sex
- \_\_\_ Passive in sex / Active in sex
- \_\_\_ Aggressive in sex / Submissive in sex
- \_\_\_ Sadism / Masochism

#### COMMUNICATION

- \_\_\_ I can't speak my Truth / I can speak my Truth
- \_\_\_ Suppressing my Truth / Speaking my Truth
- \_\_\_ Hiding my true Self/nature from my partner/spouse/family / Expressing my true Self/nature freely
- \_\_\_ Suppressing anger/negative emotions / Releasing anger/negative emotions
- \_\_\_ Suppressing / Expressing
- \_\_\_ Releasing emotions uncontrollably / Expressing emotions calmly/wisely/in a controlled manner
- \_\_\_ Emotionally unstable / Emotionally stable/centered
- \_\_\_ Closed channels of communication / Open channels of communication
- \_\_\_ Shutting down/Withdrawing / Opening up
- \_\_\_ (Being) Emotionally closed/unavailable / (Being) Emotionally open /available
- \_\_\_ Emotionally closed/unavailable partner / Emotionally open/available partner
- \_\_\_ Not expressing love / Expressing love
- \_\_\_ Unable to express love / Expressing love easily/freely

#### DEPENDENCE / INDEPENDENCE

- \_\_\_ I need a partner / I don't need a partner
- \_\_\_ I want a partner / I'm better off alone
- \_\_\_ Being in love / Being fed up with partner/relationship
- \_\_\_ Independence / Dependence
- \_\_\_ Independence / Codependence
- \_\_\_ Fear of being/living on my own / Joy of being/living on my own
- \_\_\_ I can't make it on my own / I can make it on my own
- \_\_\_ Insecurity/ Security
- \_\_\_ Financial insecurity / Financial security
- \_\_\_ Love / Freedom

PAST / PRESENT / FUTURE

- Bearing a grudge against an ex / Letting go of a grudge
- Attachment to an ex / Letting go of an ex
- Good/beautiful memories / Unhappy present
- New love / Old love
- I screwed up / I did my best
- Missed opportunities in love / Used opportunities in love
- Regret because of the missed opportunities / Fulfillment/satisfaction because of the used opportunities
- Failures in love I can't accept / Failures in love I can accept
- Fearing future failure(s) in love / Accepting future failure(s) in love
- Fearing future heartbreak(s) / Accepting future heartbreak(s)
- Fearing future heartbreak(s) / Accepting whatever comes/Openness to whatever comes in love
- Fearing consequences of my mistake / Accepting consequences of my mistake
- Attachment to a past love / Openness to a future love
- Attachment to a past love / Letting go of a past love
- Fixed image of how things should turn out in love / Openness to all outcomes
- Fixed image of my ideal partner/soul mate / Openness to all kinds of people
- High expectations of a partner/spouse / Disappointment in a partner/spouse
- High expectations of love / Disappointment in love
- I will not have enough love / I will have enough love
- Love will not come / Love will come/Love is inside of me
- My efforts in love will be not be rewarded / My efforts in love will be rewarded
- I can never stop struggling in love / I can relax in love
- I will never have the perfect partner / I will be happy in love
- I will lose my partner/spouse / I will keep my partner/spouse
- I will lose my partner/spouse / I'm open to whatever comes
- Slowly losing my partner (painful, long illness) / Losing my partner quickly
- I will lose my partner/spouse / What's best for me will happen
- I will not find a partner / I will find a partner
- Everything is lost / Everything is/will be alright
- Love is lost / Love is always here/Love is everywhere/I am love
- Everything may go wrong in my relationship / I'm open to whatever comes
- My relationship is ruined forever / I can fix my relationship/What is right for me will come
- How things are / How I want things to be
- My love past / My love future
- My love past / My love present
- My love present / My love future

Past love (romantic) relationships/partners

- My past relationships / My ideal relationship

My past relationships' below should be felt as a group, as your past relationships in general. Once you integrate it with its opposite ('My ideal relationship'), I advise you to proceed to the following pair.

\_\_\_ My relationship with ... (name an ex-partner) / My ideal relationship

The first polarity of that following pair 'My relationship with ... (name an ex-partner)' should be applied narrowly – to a relationship with a specific person. I advise you to process in this way all your major past relationships – and even minor ones, if you there is any emotional charge about them. Ivana recommends you do this and the previous exercise as many times as necessary. That alone will create an improvement in your love life.

If you are coupled at the moment, do both exercises for your present relationship/partner, too. So 'My present relationship / My ideal relationship' etc.)

\_\_\_ My past partners / My ideal partner

\_\_\_ (name an ex-partner) / My ideal partner

#### COMMITMENT, COMMITTED RELATIONSHIP

\_\_\_ Fearing commitment / Committing fully

\_\_\_ Fear of commitment / Commitment

\_\_\_ Fear of love / Relaxed about love

\_\_\_ Casual/Sexual relationship / Commitment/Committed relationship

\_\_\_ Fear / Surrender

\_\_\_ Hesitation / Surrender

\_\_\_ Attachment / Letting go

\_\_\_ Fear of being hurt / Joy of being loved

\_\_\_ Fear of being hurt / Relief of surrender to love

\_\_\_ Tension of attachment / Relief of surrender/letting go

#### BASIC OPPOSITES

\_\_\_ Man / Woman

\_\_\_ Female / Male

\_\_\_ Wife / Husband

\_\_\_ Sex / Love

\_\_\_ Love / Freedom

\_\_\_ Conditional love / Unconditional love

\_\_\_ Temporary/Fleeting love / Eternal love

\_\_\_ Boredom in love / Excitement in love

\_\_\_ Bad relationship / Good relationship

\_\_\_ Friendship / Love

\_\_\_ Defeat in love / Victory in love

\_\_\_ Unfulfilled in love / Fulfilled in love

\_\_\_ Unmanifested/Unrealized/Immaterialized love / Manifested/Realized/Materialized love

\_\_\_ Imperfect love / Perfect love

- \_\_\_ Vision of love / Reality of love
- \_\_\_ Desire / Satisfaction/Fulfillment of desire
- \_\_\_ Attraction / Aversion/Repulsion
- \_\_\_ Oneness / Separation
- \_\_\_ Sacrifice / Selfishness
- \_\_\_ Giving / Receiving
- \_\_\_ Love / Death
- \_\_\_ Love / Life
- \_\_\_ Needing / Having
- \_\_\_ I need / I have
- \_\_\_ Desiring / Having
- \_\_\_ I desire / I have
- \_\_\_ Not having / Having
- \_\_\_ I don't have / I have
- \_\_\_ Wanting / Having
- \_\_\_ Wanting / Not having
- \_\_\_ Not having / Having
- \_\_\_ Lacking / Having
- \_\_\_ Unhealthy relationship / Healthy relationship
- \_\_\_ Codependent relationship / Healthy relationship

#### KARMIC PATTERNS

- \_\_\_ Sacrificing/Giving everything / Sacrificing/Giving nothing
- \_\_\_ Sacrificing everything / Getting nothing
- \_\_\_ All / Nothing
- \_\_\_ All in / All out
- \_\_\_ Love / Hate
- \_\_\_ Getting love / Losing love
- \_\_\_ Entering a relationship / Leaving a relationship
- \_\_\_ Attaching / Detaching
- \_\_\_ Alone/Separate / Together/Loved
- \_\_\_ Alone / Home
- \_\_\_ Alone / Connected
- \_\_\_ Independent / Dependent
- \_\_\_ Breaking up / Making up
- \_\_\_ Lacking / Whole
- \_\_\_ Separation / Oneness/Unity
- \_\_\_ Separating/Parting / Coming together/Uniting
- \_\_\_ Meeting / Parting
- \_\_\_ Joy of meeting / Pain/Sadness of parting
- \_\_\_ Being hurt in love / Hurting (others) in love
- \_\_\_ Hurt / Hurting
- \_\_\_ Pain / Love
- \_\_\_ Pain in/of love / Joy in/of love
- \_\_\_ Becoming close / Growing apart

- \_\_\_ Coming closer/Approaching / Separating/ Leaving
- \_\_\_ Falling in love / Falling out of love
- \_\_\_ Idealizing a new partner/love interest / Despising an old partner
- \_\_\_ Repeating a karmic love cycle/pattern / Breaking a karmic love cycle/pattern
- \_\_\_ Bad relationships with the same kind of person / Good relationship with the right person
- \_\_\_ Karmic relationship / Relationship based on free will
- \_\_\_ Creating love / Destroying love
- \_\_\_ Creating a love relationship / Destroying a love relationship
- \_\_\_ Building a relationship / Destroying a relationship
- \_\_\_ Destructive in love / Constructive/Creative in love
- \_\_\_ Unfinished business / Complete cycle
- \_\_\_ Disappointed in love / Expectant in love
- \_\_\_ Destined partner / (Freely/Consciously) Chosen partner
- \_\_\_ Fool in love / Clever/Wise in love
- \_\_\_ Rejection / Acceptance
- \_\_\_ Rejected / Accepted
- \_\_\_ Rejected / Loved
- \_\_\_ Being cheated on / Cheating
- \_\_\_ Karma / Freedom/Freedom from karma
- \_\_\_ Controlling / Accepting
- \_\_\_ Controlling / Letting go
- \_\_\_ Control / Freedom
- \_\_\_ Controlled / Free
- \_\_\_ Attaching to (someone) / Detaching from (someone)
- \_\_\_ Attachment to love / Detachment from love

CONTINUE ADDING TO THE LIST



