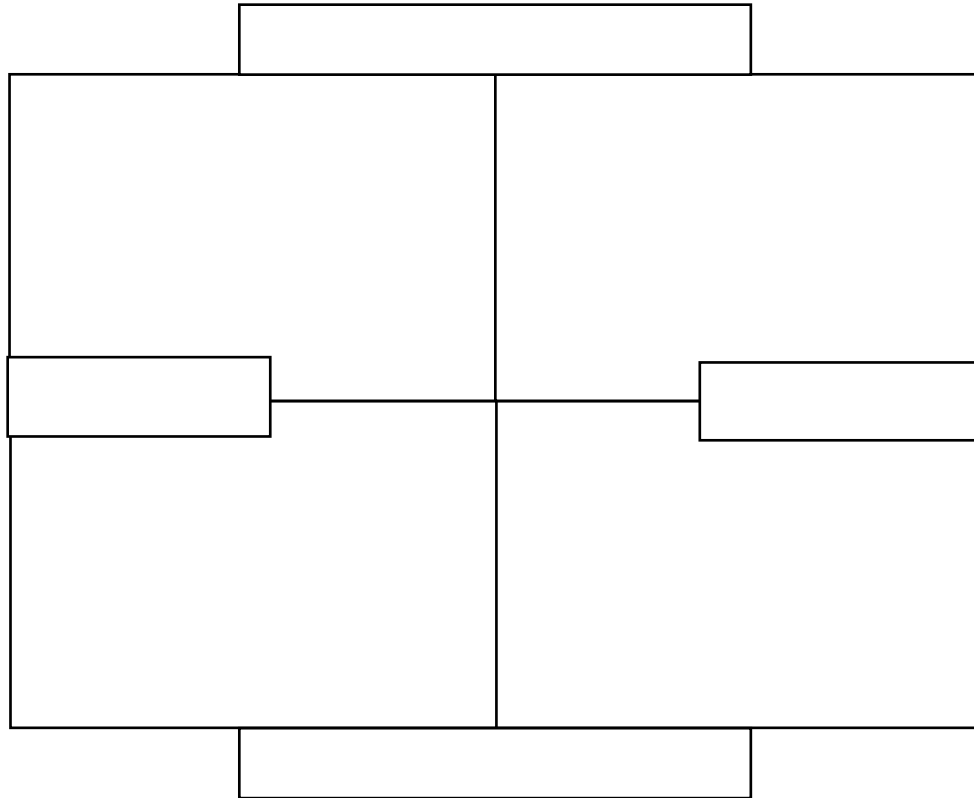


**WORKSHEET FOR USE WITH
COLLECTIVE AWARENESS POLARITY MANAGEMENT PROCESS
BY DONNA FYFFE, Ed.S**

Pause and Identify polarities common in your everyday life.

Identifying Polarities

Polarity Map



Creating a Polarity Map

1. Fill in the two neutral poles in the small boxes in the middle of the polarity map.
2. List in the boxes above each neutral pole the positive aspects of the neutral pole
3. List in the boxes below each neutral pole the negative aspects of the neutral pole if overextended.
4. Ask yourself, what do both poles desire? Put your response in the small box above the positive aspects of each pole.
5. Ask yourself, what do both poles fear? Put your response in the small box below the negative aspects of each pole.