

Strategies

Identify actions to stand in the Third Way or step into the Vulnerability

Transformational Third Way

Identify what it would look like to integrate both poles

Identify the benefits of healthy-use in this situation

Benefits

Identify the benefits of healthy-use in this situation

Benefits

Overuses
Identify the consequences of overuse in this situation

Overuses
Identify the consequences of overuse in this situation

Identify what feels risky about standing in the Third Way

Vulnerability Throughway

Strategies

- Identify actions to stand in the Third Way or step into the Vulnerability
- What actions will you take to achieve the things outlined in the Third Way?
- How could you get more of the benefits of Y *without losing* the benefits of X?
- What can you do to stay with the vulnerability that arises when pursuing the Third Way?
- How can the tension creatively occupy your heart?
- Movement requires Courage and Comfort. What courageous action is needed to stand in the Third Way – *what would Courage do?*
- What can you do to experience and act from a place of integration?
- What support might you need?
- What will you do to Monitor this polarity over time?

Y

Identify the benefits of healthy-use in this situation
Benefits ↑

- What benefits occur as a result of focusing on/showing up with this pole?
- What positive impacts does this pole bring to the situation?
- How does this pole contribute to overall success?

Overuses ↓
Identify the consequences of overuse in this situation

- When this pole is overused – when there is too much of it – what happens?
- What occurs when this pole is taken too far?
- What happens when this pole is focused on to the neglect/exclusion of the other pole?

Transformational Third Way
Identify what it would look like to integrate both poles

- What would it look like/feel like to have the benefits of both poles in this situation?
- What is possible by, or the impact of, harmonizing both poles?
- How do you see the world if you blended X and Y?
- What mindset would result from holding both poles simultaneously?
- What would you be experiencing if you were holding both poles?
- How would other people be experiencing you if you were holding both?

Vulnerability Throughway
Identify what feels risky about standing in the Third Way

- What feels risky about holding both poles together?
- What would you need to "loosen up on" in order to blend both poles?
- What needs to be held, or remembered, to integrate the poles?
- What would be the most uncomfortable part of standing in the Third Way?
- What do you have to be OK with in order to blend both poles?
- What part of who you are, or what you value, needs to shift/expand?
- What's at stake for you if you step into the Third Way?

X

Identify the benefits of healthy-use in this situation
Benefits ↑

- What benefits occur as a result of focusing on/showing up with this pole?
- What positive impacts does this pole bring to the situation?
- How does this pole contribute to overall success?

Overuses ↓
Identify the consequences of overuse in this situation

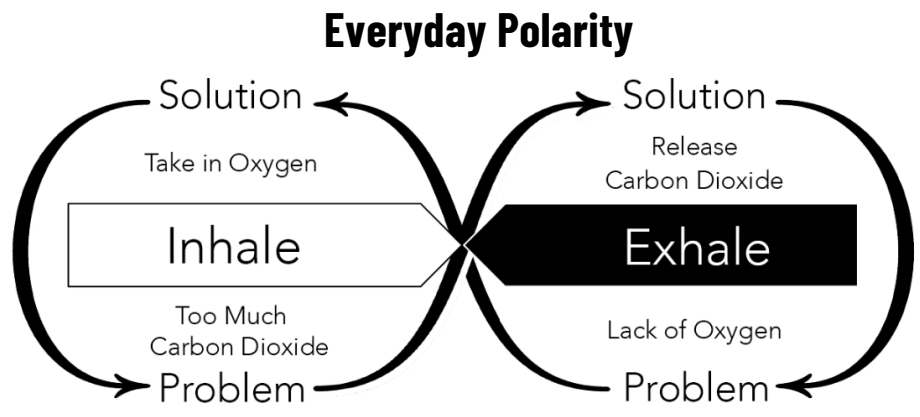
- When this pole is overused – when there is too much of it – what happens?
- What occurs when this pole is taken too far?
- What happens when this pole is focused on to the neglect/exclusion of the other pole?



Examples of Polarities

- Structure::Flexibility
- Reality::Oneness
- Short-term Focus::Long-term Focus
- Big Picture::Details
- Compete::Collaborate
- Internal Focus::External Focus
- Action::Reflection
- Focus on Task::Focus on Relationship
- Implementation::Planning
- Grounded::Visionary
- Stability::Change
- Responsibility::Freedom
- Go Fast::Go Slow
- Realistic::Optimistic
- Work::Rest

- Appreciate What Is::Desire More
- Hold Lightly::Take Seriously
- Focus on Self::Focus on Other
- Responsibility::Forgiveness
- Save::Spend
- Family::Community
- Individual::Collective
- Masculine::Feminine
- Learning::Knowing
- Form::Function
- Depth::Breadth
- Have the Answers::Let it Emerge
- Go into Details::Keep it Simple
- Local Focus::Global Focus
- Hold onto Traditions::Embrace the New
- Customize::Standardize
- Quantity of Life::Quality of Life



For more info or support contact Rev. Kris at RevKris.org or scan the QR Code.

