

## **Your Story**

1. Reading this, what was your reaction? Was it scary? Self-evident? Enticing? Did it produce relief? Anxiety? Neither or both? Write a few sentences about what you experienced in your body as you read these words.

2. Contemplating this description, what parts of your story include experiencing/exploring Yin? What parts haven't yet, but probably should?

3. What about Yin scares you the most? What draws you to it?

4. How balanced between Yin and Yang do you feel you currently are? What might you do to improve that balance?