

Your Story

1. Where do you see Yang in your life, your story? Where is it healthy Yang, where is not?

2. What would you say is the balance of Yin and Yang in your life currently? Are you happy with that balance?

3. Describe some of your experiences with healthy and unhealthy Yang, either in yourself or with other people.

4. Think of a time when Yang had you by the “short and curlies.” How might you have rebalanced? How did you?