

Your Story

1. As you think about your story, what are some moments where you can clearly point to Yang-style accomplishment, where you “caught the ball,” or “brought back the Golden Fleece,” the talisman of success.

2. Can you describe some moments in your story that required a more Yin approach, where you had to learn to “rest in the darkness,” the not-knowing, in order to make progress?

3. Under stress, do you revert to Yang? Or Yin? Do you know the source of that impulse? What story do you tell yourself?

4. Moving from autonomy to connection and back again requires a very Yin experience of, for a moment, or for a period or time, not knowing who you are or where you are resting. There is an identity reset every time we make that transition. This is most visible in little children, who alternate periods of exploring and testing with periods of integrating and resting. Think of some times in your adult life when you have been in transition from your connection self to your autonomy self, or vice versa, and describe the felt sense of that.