

Your Story

1. As you read about the Connection/Love aspect of Yin Emotional Maturity, what comes up for you? Is the concept of sustaining relationships something that draws you? Describe a time when you think you were able to hold anxiety without collapsing, to self-differentiate without losing connection.

2. On the Autonomy/Curiosity side, how would you describe yourself? How able to “self-authorize” are you, or is fear of losing other’s high opinion/respect more important?

3. Which of the Monsters that inhibit/prevent Emotional Maturity show up in your story? How? Are there others not mentioned? Give examples.

4. As you think about this form of maturity, what draws you to it? What repels you? How would you describe your relationship to it?