

Your Story

1. As you read about the Connection/Love aspect of Yin Physical Maturity, what comes up for you? Is this way of being at home in oneself something that draws you? Describe a time when you think you achieved that kind of at-home-ness.

2. On the Autonomy/Curiosity side, how would you describe yourself? How familiar are you with yourself, with your environment, with your ecosystem?

3. Which of the Monsters that inhibit/prevent physical 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?