

<i>Love</i>	<i>Fear</i>
Being at the source of...	Being at the mercy of...
Motivated by pleasure	Motivated by pain
I want...	I should...
I choose...	I have to...
I listen to my body/instincts	I listen to reason/logic
I want to be	I want to do/have
I follow my soul	I follow my ego
I accept	I judge
I follow my heart's desires	I deny myself
Good self-esteem	Low self-esteem
Internal locus of control	External locus of control
I share; I express myself	I keep to myself; I don't share
I forgive	I hold a grudge
I stay present	I flee; I avoid
I give and spend freely	I conserve; I calculate; I save up
I receive easily	I refuse; I reject
I have faith; trust	I don't trust
I seek to be surrounded	I seek to isolate myself
I teach; I educate	I impose; I order
I am honest	I lie; I pretend
I give others space	I am overprotective
I am easy-going	I am controlling
I feel good about being me	I try to prove something
I am passionate	I am bored
I feel satiated	I feel empty inside
I am free	I am imprisoned
I am secure	I am insecure
I am relaxed	I am tense, stressed
I am assertive; powerful	I am passive or aggressive
I risk	I don't take chances
I am in peace	I am temperamental; in conflict
Physical-Emotional-Spiritual balance	Physical-Emotional-Spiritual imbalance