



# WHAT ARE THE CONTRADICTIONS OR POLARITIES I HOLD WITHIN MYSELF?

- I love \_\_\_\_\_ but I also love \_\_\_\_\_
- I support \_\_\_\_\_ but I also support \_\_\_\_\_
- Sometimes I feel afraid to tell people that I am \_\_\_\_\_
- I find it challenging to be \_\_\_\_\_ and \_\_\_\_\_, because \_\_\_\_\_
- I have friends who \_\_\_\_\_ and I also have friends who \_\_\_\_\_

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Illustrate what it's like for you to hold these contrasting beliefs. The aim is not to create the most beautiful work of art, rather it is to be intentional about your artistic choices - what colors, sizes, shapes, language, or other mediums you choose to express your experience.