



# 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 \_\_\_\_\_