

Sensing/Holding Opposites – Journal Reflection

Use this reflection gently. There are no right answers.



Arriving

What sensations or emotions were most noticeable when I first arrived?

Where did I feel them in my body?

Naming What Was Present

What word or phrase best described the first felt sense?

How did my body respond when I named it without trying to change it?

Sensing the Opposite

What did I notice as the opposite, even faintly?

Did it arrive as an emotion, a sensation, or a quality (space, warmth, steadiness)?

Holding Both

What was it like to allow both experiences to coexist?

Did anything soften, stabilize, or shift when neither needed to win?

Integration

What did this practice show me about my capacity to hold complexity?

Is there a place in my life right now where a both/and approach might be supportive?

Closing Reflection

Right now, I am learning that...

When I allow instead of resolve, I notice...

A gentle truth I'm carrying forward is...