

## Paradox Exercise

This is an invitation to read these slowly, jotting some notes after each question. "First thought, best thought," not working too hard at this, just noting what arises.

Where are you feeling loose in your body?  
Where are you feeling tense in your body?

Who do you wish would go away?  
Who do you wish would stay more often?

Where do you feel stuck right now?  
Where are you experiencing flow right now?

What is your heart hungry for?  
What is your body hungry for?  
What don't you want at all?

For what are you grateful?  
What makes you feel resentment?

What do you need to get off your chest right now?  
What do you need to keep close?

For what are you saying ENOUGH already!  
What do you need more of?

What is one thing you would change about your colleagues?  
What do you hope doesn't change?

*Please take a moment to look over your responses. As you did this exercise, what were you aware of arising in your body? What did you notice, experience?*

*Does anything surprise you in your responses, and if so, what might that be?*

*Now if you look back over this list, what are the things that reside in tension with one another?*