

## Exploring Polarities in Yourself

Polarity and psyche are closely related siblings. You can't have one without the other. For example, we feel attracted or repelled by people or certain topics. We desire something and reject it. This can trigger inner tensions or conflicts within us.

Thinking and feeling in polarities is fundamentally vital or even essential for survival. This enables us to categorise situations very quickly. Good - bad. Healthy - sick. Beautiful - ugly. The more clearly polarities can be recognised, the more we know what is what. In the first moment. If we have a little more time, we can ask, is our perception correct? Is it really correct? It becomes exciting in relationships, for example, when we explore the unknown in-between. Admittedly, this can be quite exhausting from time to time and requires courage. But it can also be fun and open up new perspectives. This also applies to political opinions, journalism, economic issues and much more. What happens between two poles? What does that look like for my personality? What do I value about myself, where would I like to change my polarity? Is that even possible? What happens when I discover new sides to myself? What happens when I recognise and accept my polarities? What effect does this have on my environment?

It could be that life suddenly takes on new colours, new melodies. It could even be that we discover that we are not solely responsible for our poles. That our entire environment has at least as much influence on us as we do ourselves. And even our ancestors are still heavily involved.

Studio

PP - my person, my polarities

Exploring our own polarities is an exciting adventure. Our life stories form the basis. Together we will discover new facets of our personality. And we will find resources that we may not have known about. Importantly, we are not doing group therapy. Instead, we will explore together the poles that make up our individuality. There is no right or wrong. Nevertheless, this studio is a special adventure. An opportunity where you have time to discover yourself. It should be fun. It's a bit like a hike with steep and gentle stretches. If necessary, we will take out our mental climbing rope as a group and secure each other. Together we will discover new sides of ourselves, strengthen what makes us who we are and expand our polarity.

Methodology:

We use exciting exercises to respectfully explore our inner polarities.

Where we want to know more, we look for explanations.

We analyse external influences, the world around us, and try to classify our experiences.

We use methods we are drawn to in order to shape our experiences.

In group discussions, we share what we want to share.

Basic attitude: The above suggestions are a guideline. What is important is the process of the group, the individual person. You are the specialists for your life stories. We do not do

group psychotherapy. Nevertheless, very personal issues may come up. You decide how deep you want to go and what you want to share.

In the studio, I work with systemic and Gestalt psychological approaches. All polarities harbour important resources for life. We want to discover these together. And I think we will be amazed, laugh and enjoy life.

The participants:

- experience various methods of training their self-awareness
- practise non-judgemental observation of their own outer and inner polarities
- share their experiences in the group
- get to know creative methods to realise their experiences in a creative way