

# Problem or Polarity? – Four Lenses

## 1. Is the difficulty ongoing, like breathing?

yes = probably a polarity to manage

no = probably a problem to solve

## 2. Are there two alternatives that are interdependent, meaning you can only focus on one pole for so long before you are required to focus on the other pole, like inhaling and exhaling?

yes = probably a polarity to manage

no = probably a problem to solve

## 3. Is it necessary, over time, for you to have both identified upsides?

yes = probably a polarity to manage

no = probably a problem to solve

## 4. Will focusing on one upside to the neglect of the other eventually undermine your efforts to move toward your higher purpose?

yes = probably a polarity to manage

no = probably a problem to solve