

**Strategies**

Identify actions to stand in the Third Way or step into the Vulnerability

**Transformational Third Way**

Identify what it would look like to integrate both poles

Identify the benefits of healthy-use in this situation  
**Benefits ↑**

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**Overuses ↓**  
Identify the consequences of overuse in this situation

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Identify the consequences of overuse in this situation

Identify what feels risky about standing in the Third Way

**Vulnerability Throughway**

**Transformational  
Third Way**

Identify what it would look like to integrate both poles

- What would it *look like/feel like* to have the benefits of both poles in this situation?
- What is possible by, or *the impact of*, harmonizing both poles?
- How do you see *the world* if you blended X and Y?
- What *mindset* would result from holding both poles simultaneously?
- What would *you be experiencing* if you were holding both poles?
- How would *other people be experiencing you* if you were holding both?

Identify the benefits of healthy-use in this situation  
**Benefits ↑**

- What benefits occur as a result of focusing on/showing up with this pole?
- What positive impacts does this pole bring to the situation?
- How does this pole contribute to overall success?

Identify the benefits of healthy-use in this situation  
**Benefits ↑**

**X**

**Y**

**Overuses ↓**

Identify the consequences of overuse in this situation

- When this pole is overused – when there is too much of it – what happens?
- What occurs when this pole is taken too far?
- What happens when this pole is focused on to the neglect/exclusion of the other pole?

- What feels risky about holding both poles together?
- What would you need to “loosen up on” in order to blend both poles?
- What needs to be held, or remembered, to integrate the poles?
- What would be the most uncomfortable part of standing in the Third Way?
- What do you have to be OK with in order to blend both poles?
- What part of who you are, or what you value, needs to shift/expand?
- What’s at stake for you if you step into the Third Way?

Identify what feels risky about standing in the Third Way

**Vulnerability  
Throughway**

**Overuses ↓**

Identify the consequences of overuse in this situation

- When this pole is overused – when there is too much of it – what happens?
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**Strategies**

Identify actions to stand in the Third Way or step into the Vulnerability

- What actions will you take to achieve the things outlined in the Third Way?
- How could you get more of the benefits of Y *without losing* the benefits of X?
- What can you do to stay with the vulnerability that arises when pursuing the Third Way?
- How can the tension creatively occupy your heart?
- Movement requires Courage and Comfort. What courageous action is needed to stand in the Third Way – *what would Courage do?*
- What can you do to experience and act from a place of integration?
- What support might you need?
- What will you do to Monitor this polarity over time?