

Homework For Module Two

Video #1

Mapping Your Way Out Of Being Stuck & Confused

1. How will you know an inner tug-of-war is happening?
2. What's the standard response?
3. What's a better way to handle it?
4. What do you need to enter the Land of Unresolvable Dilemma?
5. Where is it located?

Video #2

Finding the Mystic's Map – Essential Tool for Successful Navigation

1. What is most important to discover BEFORE learning the 6-Step Process?
2. What are the 2 steps to finding the Mystic's Map?
3. How does conceptual and experiential reality differ?
4. How to prepare for Polar Pair Olympics?

Video #3

Pulling “The Problem” Out By Its Root – Part One

1. How do you know your problem is a dilemma?
2. Why does your brain need to know where it's living (causing a problem)?
3. Why is finding the Core Polar Pair important?
4. Who names the IPP playing out in your dilemma?
5. Is it smart to use emotionally charged names? Why or why not?

Video #4

Pulling “The Problem” Out By Its Roots Part Two

1. What are 2 tests for the interdependence of polar pairs?
2. What are 6 questions I can ask to search out IPP's in my behavior?
3. What are 3 Facticities I'm being asked to accept as facts?
4. What are 3 big objections to Interdependence between Polar Opposites?

5. What makes it easier to accept Interdependence?

Video #5

The Mystic View Of The Territory

1. What is our symbol for Lay of the Land in your Dilemma?
2. What happens when map doesn't reflect territory?
3. Landmarks on map are equivalent to what?
4. What is Polarity Blindness?
5. When does Polarity Blindness occur?
6. What is at the root of a power struggle?
7. How can you step out of struggle for power?

Video #6

Creating Your Own Map

1. Sketch Out The Steps To Create Map Of Your Own Unresolvable Dilemma

Video #7

Creating Your Benchmark

1. Sketch Out How You Create Your Benchmark
2. Explain Why You Want A Benchmark & What It Will Help You Verify