

separate the two sides and end up swinging back and forth between the extremes. If you can let go of judging your resistance swings and instead greet them with acknowledgment and acceptance they stop controlling you.

As you read through your Challenge keep in mind that we all have all the characters within us. This may give you a clue as to where and how you face them, or refuse to face them.

The Challenge of 1 = Your arena for resistance may be regarding starting things and authority. Swings to: extreme independence and being self-assertive while feeling: the Ultimate Authority, Validated, and Good Enough; then swings to: timid, vacillating and lacking in self confidence while feeling Invalidated, Not Good Enough and Fence Straddler. In relationships you have a difficult time when others are being the Ultimate Authority, or the Invalidator. Your theme song is "I did it my way," followed by asking, "Did you like it?"

The Challenge of 2 = Your arena for resistance may be regarding details and personalization. Swings to: extreme sensitive reactions while taking responsibility for how everyone else feels. This "overpersonalizing" trait may leave you lost in the minutia of detail while trying to manipulate everything to get organized at any price. The characters are Helpless, Rejected, Purposeless and Not Good Enough.

Then swings to: being unapproachable, unemotional and skipping over the details as they seem to be overwhelming. In relationships

their is a difficulty tolerating others who are Nervous Wrecks, Cutie Pies, Whiners and Covert Manipulators.

The Challenge of 3 = Your arena of resistance may be regarding appearances and social connections. Swings to: fussing and worrying over the "appearance" of things and saying the "right thing at the right time" while facing Not Good Enough, Invalidated and Deprived. Then swings to: "what's the use?" and is careless about how they dress, look, and speak. In a relationship your energies may get scattered all over trying to keep appearances "up to standard." More than once you've said "but how would it look; what will the neighbors say?" or "I like wearing these same jeans everyday for a year; I don't care what °they' think!"

The Challenge of 4 = Your arena of resistance may be regarding structure, work and limitation. Swings to: rigid self-discipline, follows the rules to the letter, reads all the directions and fills out the warranty before plugging in the new toaster. This is the Rule Book who knows the proper way to proceed. Then swings to: the Free Spirit who has to break out of the Prison of all that self imposed structure. You probably design dream houses in open meadows and then want to break out of the confines of your own plans. In a relationship you probably resist the "limiting" demands that are put on you. A popular Core Hallucination is "I can't have fun if I have to do something."

The Challenge of 5 = Your arena of resistance may be regarding change, freedom and being unusual. This is again the

Deprived/Abundant and Prisoner/Free Spirit with a little Glutton mixed in. You may swing to: Hedonism; exhaustion comes from having too much to do and never enough time. Then you swing to: Abstinence and boredom because there is "nothing to do." Permanence, Retirement Programs, Commitments, and Marriage are all ugly words to this experimental traveler who longs to have it all, including permanence, retirement, commitments and marriage; but you want all that with total freedom and no responsibility. You may just be the impulsive traveler/shopper that travel agents pray for.

The Challenge of 6 = Your arena of resistance may be regarding family and adjustment to others needs. Invalidated/Validated and Rejected/Accepted are often faced here in terms of groups of people. You may swing to: imposing your beliefs on others, assuming responsibility for how they feel, and meddling in their affairs. As a parent your idealism may easily turn into the self righteous Ultimate Authority. Let's face it: You can't run the whole show. Other people are going to learn in their ways not your ways. Then you swing to: being the slave for loved ones and losing your sense of duty to yourself. You may end up seeking everyone's approval because your self-image depends on how they think you're doing. Your letters keep Ann Landers in the drivers seat.

The Challenge of 7 = Your arena of resistance may be regarding trust, faith and internalization. You swing to: the gullible Not Good Enough who may play the Fool out of lack of self esteem. You

may become quiet and reclusive from fear of not knowing what to trust. Then you can swing to: the "Yes but!" character who trusts no one and yet fears being alone and unconnected. In relationships your lack of trust may keep you hiding your true feelings and thoughts even from your loved ones.

The Challenge of 8 = Your arena of resistance may be regarding power and material proof of that power. This Deprived/Abundant swings to: being a Scrooge; things and people are weighed by their material value. Invalidated/Validated may arise here as the need arises to acquire proof of your worth. Then you swing to: wanting to provide for others as your ambition for self fades. In romance remember to give from the heart as well as the wallet. Statements like, "Of course I love you! I gave you a \$10,000 present didn't I?" may make more sense to you than to your partner.

The Challenge of 0 = Your arena of resistance may be regarding anything, anywhere, anyplace, anytime. You are the versatile one who experiences things from many different viewpoints and gets into the feelings of all the above. Since you are not limited to just one challenge you probably will play off your partners challenge. This also means you can easily get caught up in everyone else's "stuff" and then later look back on it from an entirely different viewpoint. You swing from being a great empathizer, to having little tolerance for others difficulties.

Also look to the number just above your Challenge number in the chart and read the paragraph on it. This is the Challenge you probably experience most often.