

### Handout 1.5: Making Peace With the Dialectics of Life

Life is full of “dialectics,” which means that life is fraught with constant stress and tension due to conflicting wants, needs, emotions, behaviors, and thoughts. Stress is a by-product of those conflicts between opposing needs and wants. Learning to accept and embrace conflicting emotions and thoughts will increase inner peace of mind.

These are some of life’s dialectics that are familiar to many of us:

- The more love you give, the more love you often receive.
- The most controlling people are the most out of control.
- The more we cling to someone, the more we push him or her away.
- The more we seek happiness, the more it eludes our grasp.
- Sometimes we need to lose ourselves to find ourselves.
- Often, the more we feel isolated, the more we avoid intimacy for fear of rejection.
- The more you accept that life is difficult, the less difficult it will be.
- You want to eat healthier, but you can’t resist the drive-in window.

Now it’s your turn—fill in your own dialectics.

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