

Cliff's Notes
Breathing My Reality AND My Attitude
From an Anonymous Poem in a London Bar
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Polarity Partnerships (www.PolarityPartnerships.com) | Xperience LLC (www.XperienceIT.com)

On social media, I came across a poem that was anonymously placed in a London bar and made a few tweaks to it for Polarity purposes. I hope you find it interesting/fun.

For **Reality**, just read from the here to the bottom
Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in awhile
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
It's all beyond my control
And you'll never in a million years hear me say that
Today was a good day

For **My Attitude**, just read from here to the top

Either/or Thinking is necessary and useful when you have “either/or” problems to solve.

What day is it today?

What language is this question written in?

How many questions are asked on this page?

What color is the background of this page,

Black or White?

STEP 1:

Seeing

– The “both/and” Interdependency

Polarities are different from either/or problems, because you can't choose one pole of a polarity as a sustainable solution. Treating a polarity as a problem to solve, leads to dysfunction.

Which is better – Inhale OR Exhale?



Inhale



Exhale

Polarities are interdependent pairs.

They have two poles that are both neutral or positive and both poles need each other over time to function well in service of a Greater Purpose that both poles share.

STEP 1:

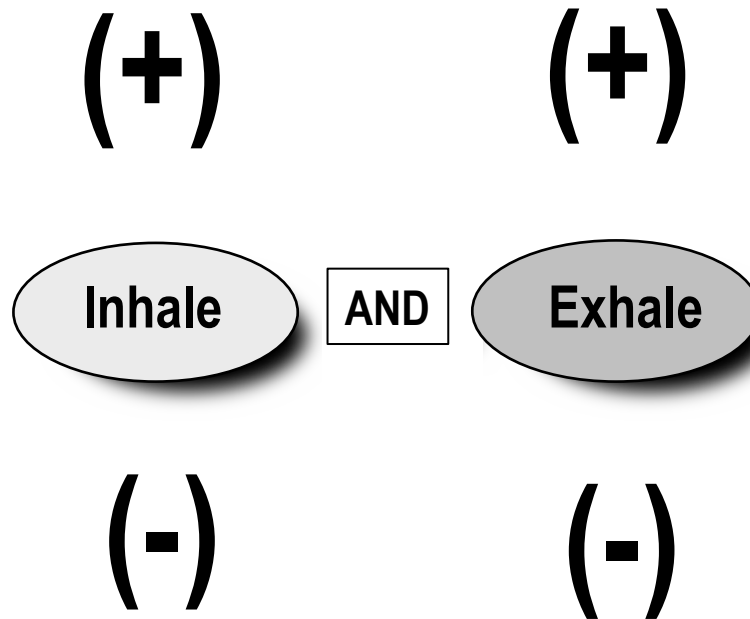
Seeing

- The “both/and” Interdependency



Step 2:
Mapping
--The ongoing dynamic

One of the many gifts of Polarities is their predictability.

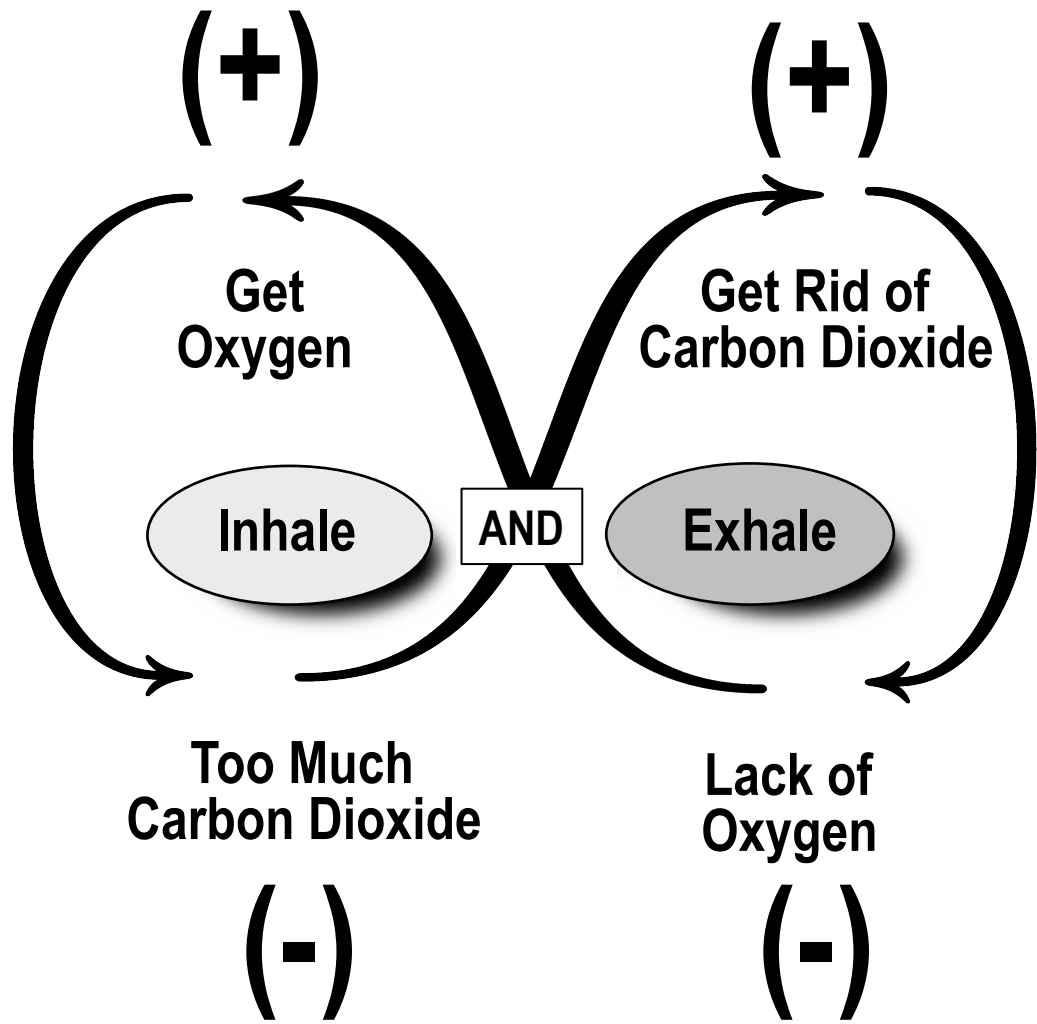


When we know we have a polarity, we can look for the upside benefits and downside limitations of both poles.

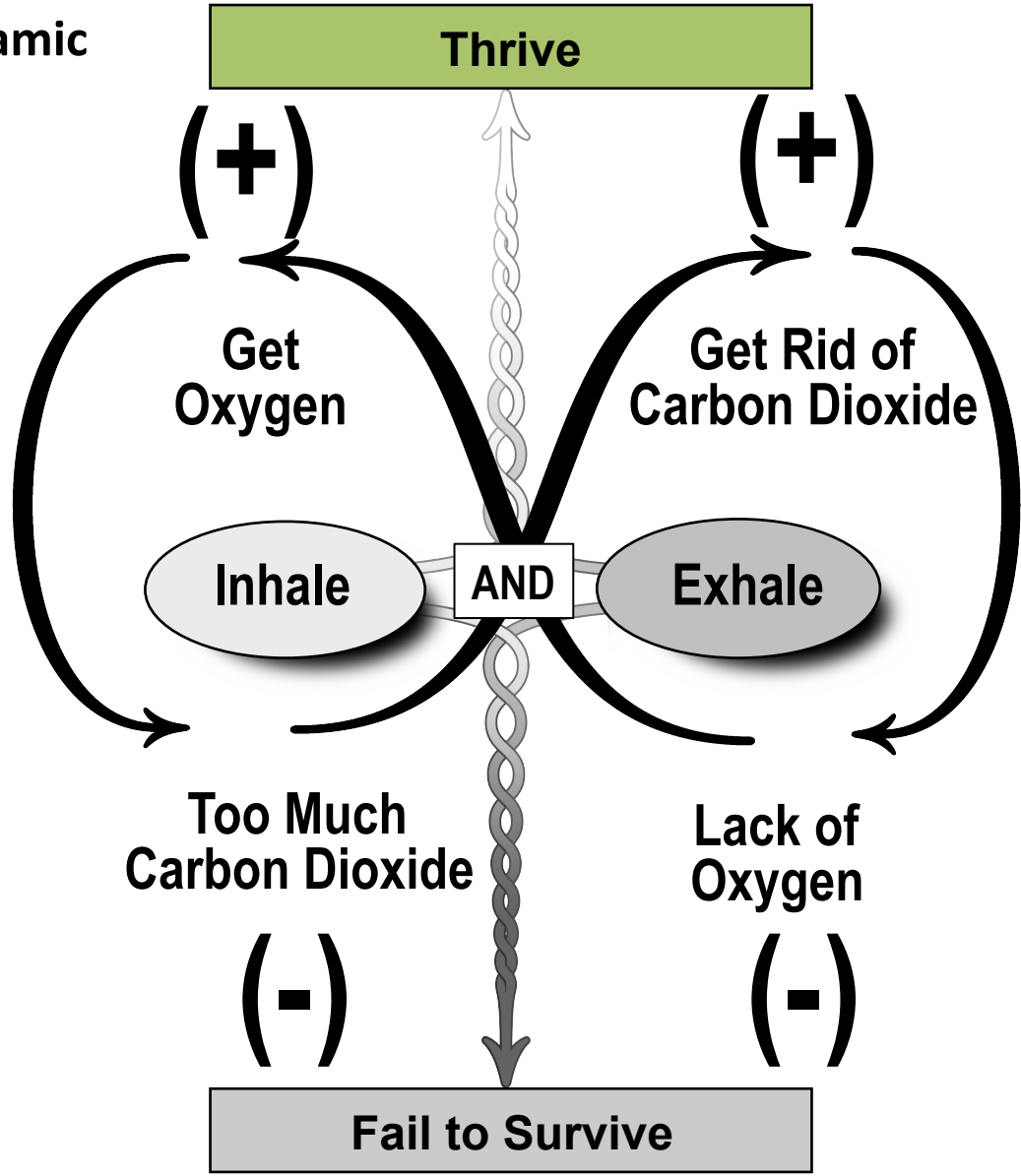
(Downside limitations result from using one pole to the neglect of the other.)

BREATHING is a quick and easy metaphor for how polarities work.

**Step 2:
Mapping
--The ongoing dynamic**



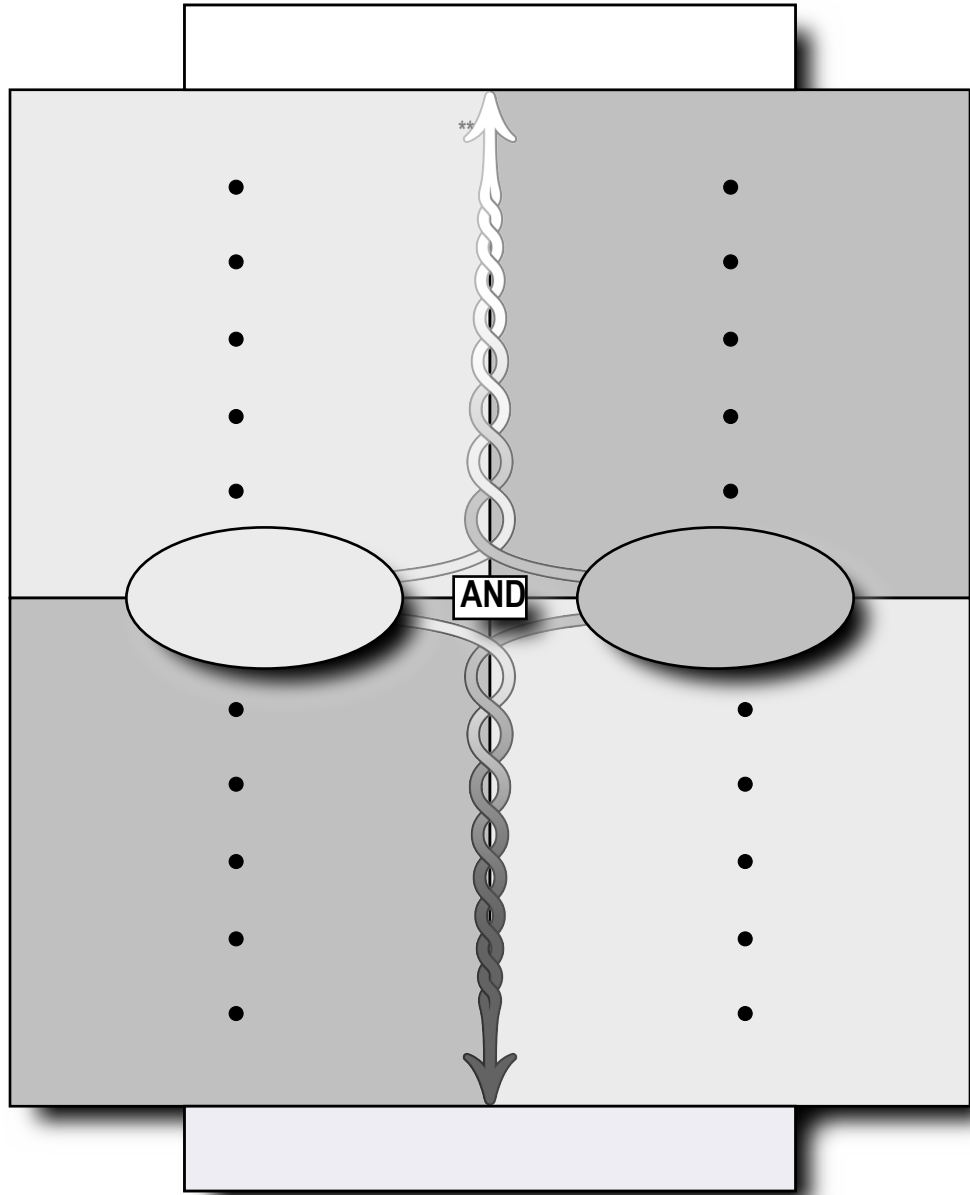
**Step 2:
Mapping
--The ongoing dynamic**



Step 3: Assessing

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Almost Always
Often
Sometimes
Seldom
Almost Never



Almost Always
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Sometimes
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Almost Never

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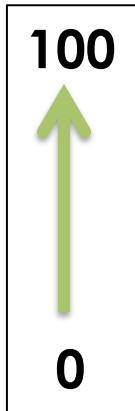
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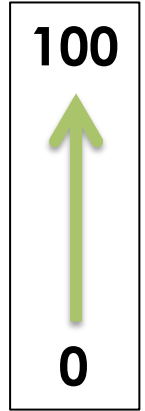
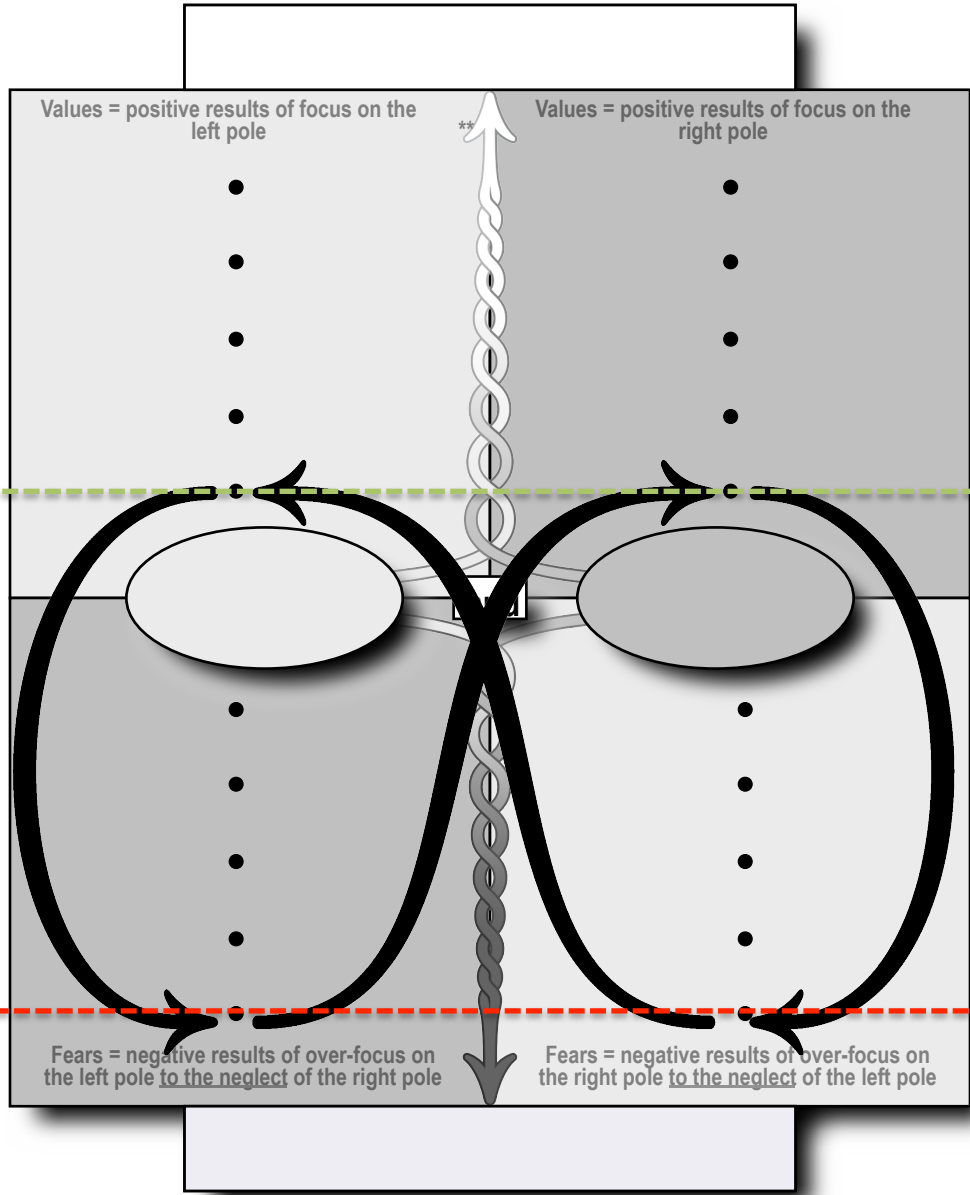
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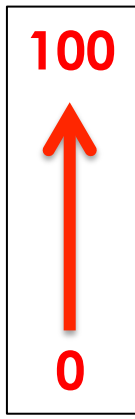
Steps 3: Assessing = Poorly Leveraged



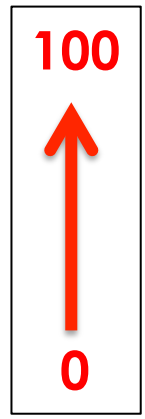
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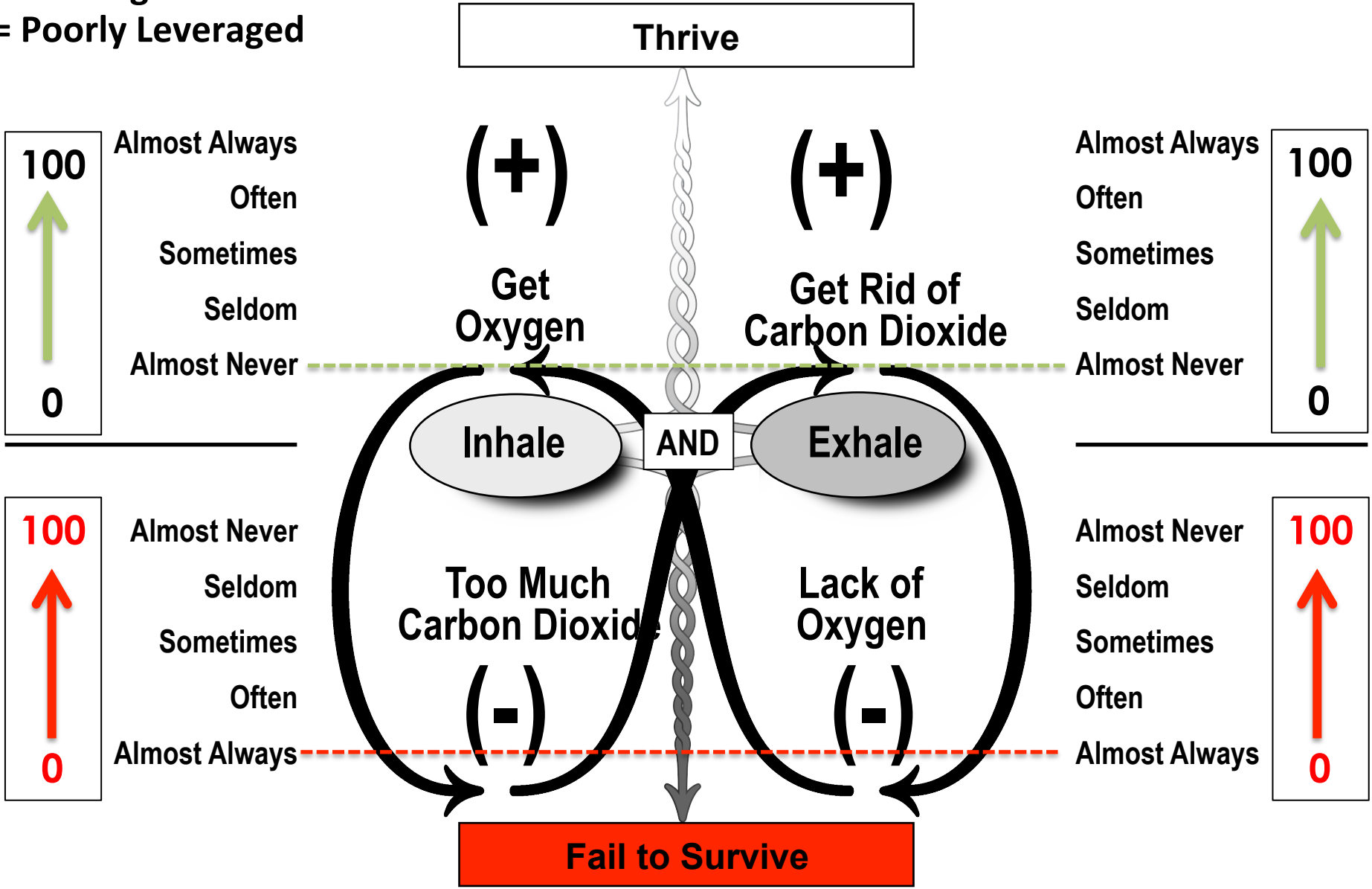


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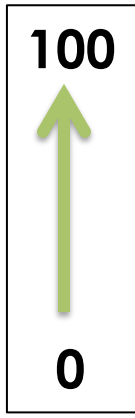


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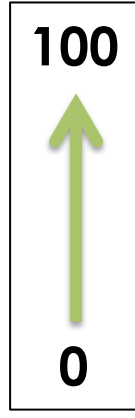
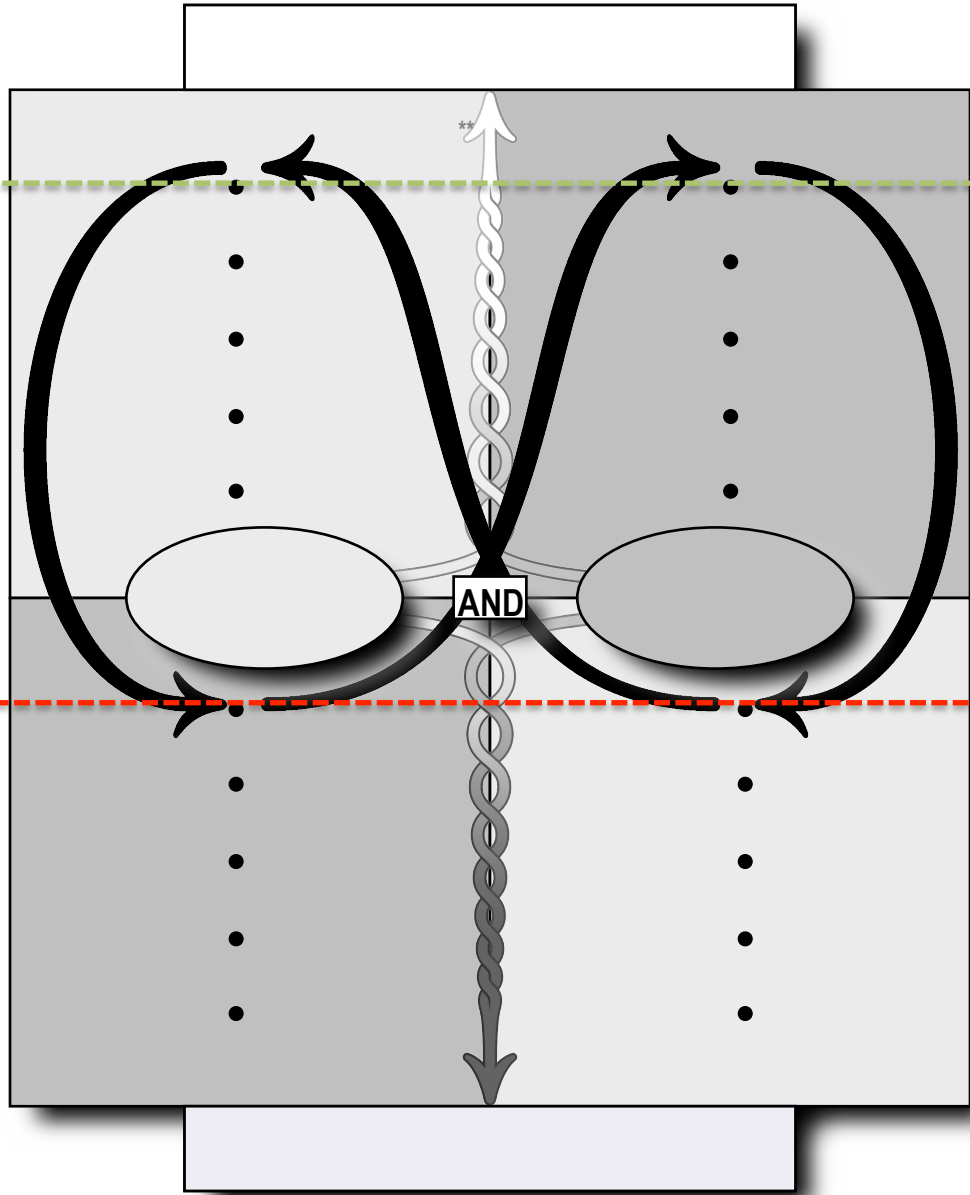
**Steps 3:
Assessing
= Poorly Leveraged**



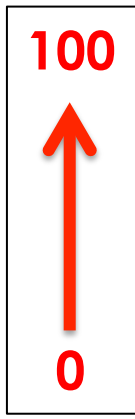
Steps 3: Assessing = Well Leveraged



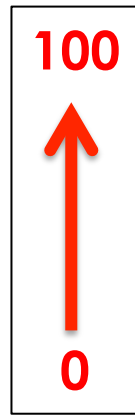
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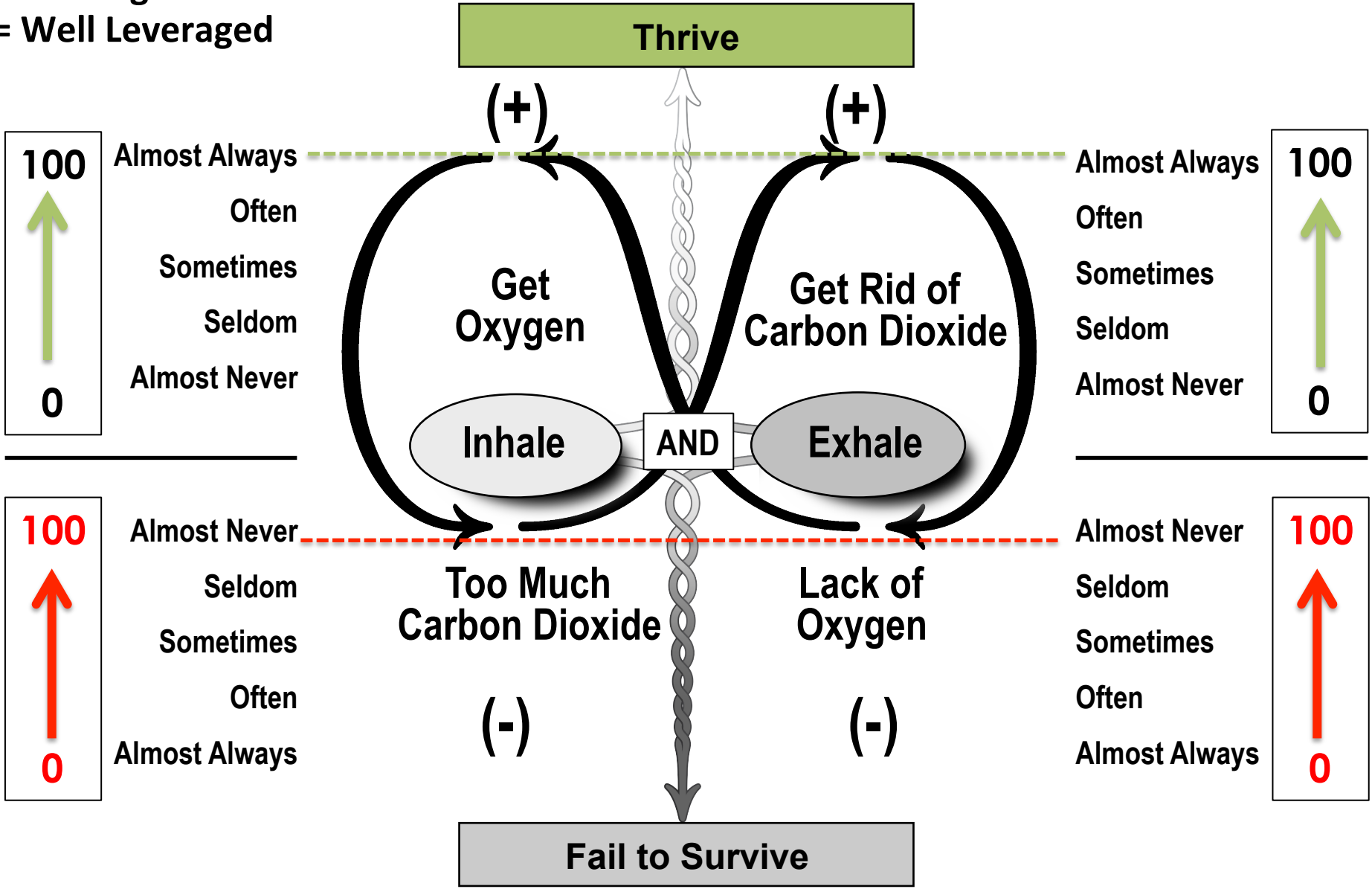


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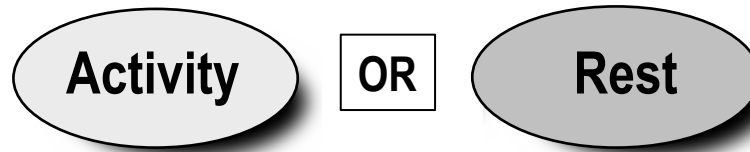


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**Steps 3:
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= Well Leveraged**



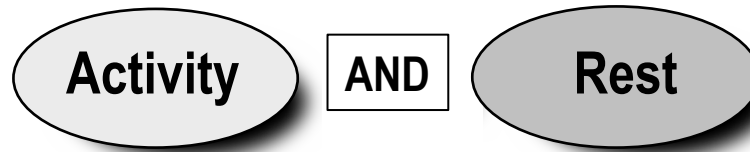
EXAMPLE 2: Which is Better?



STEP 1:

Seeing

- The “both/and” Interdependency



Step 2:
Mapping
--The ongoing dynamic

(+)

(+)

Activity

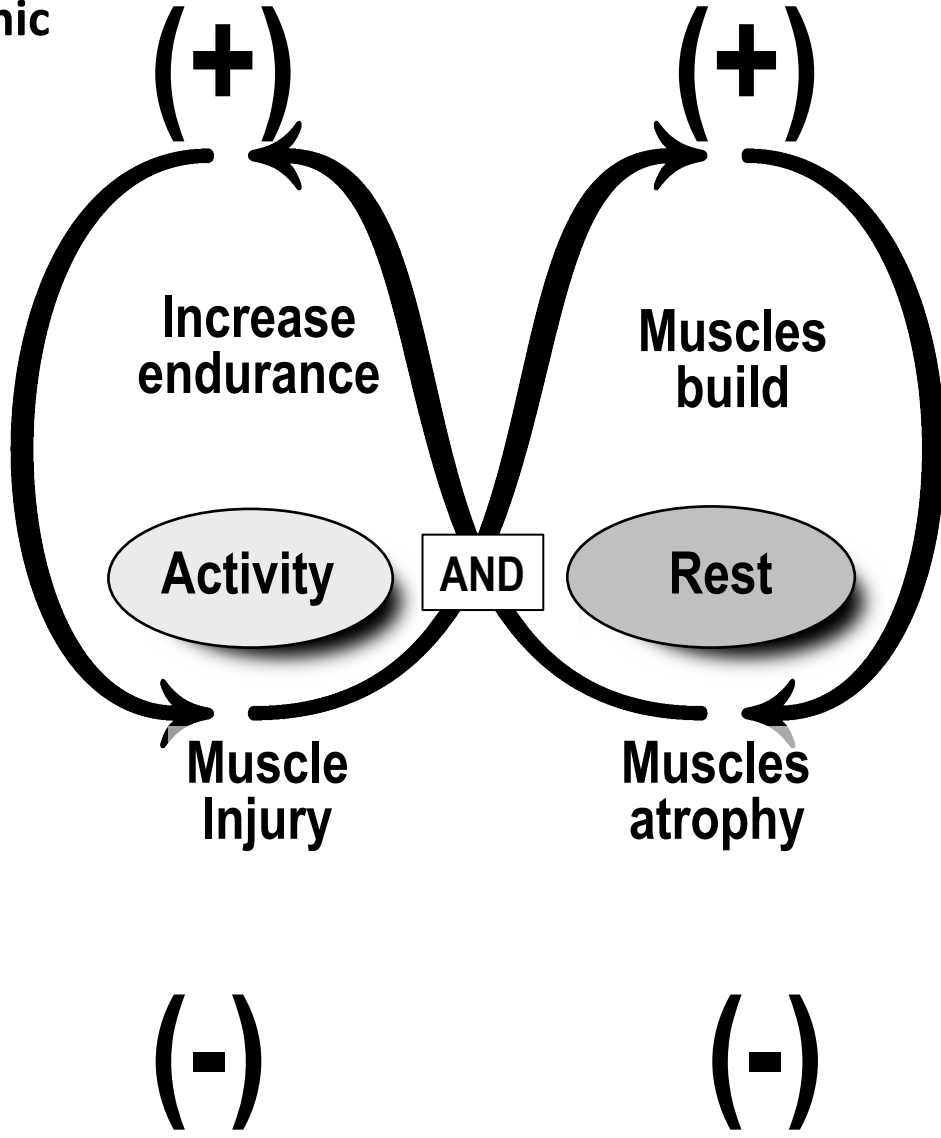
AND

Rest

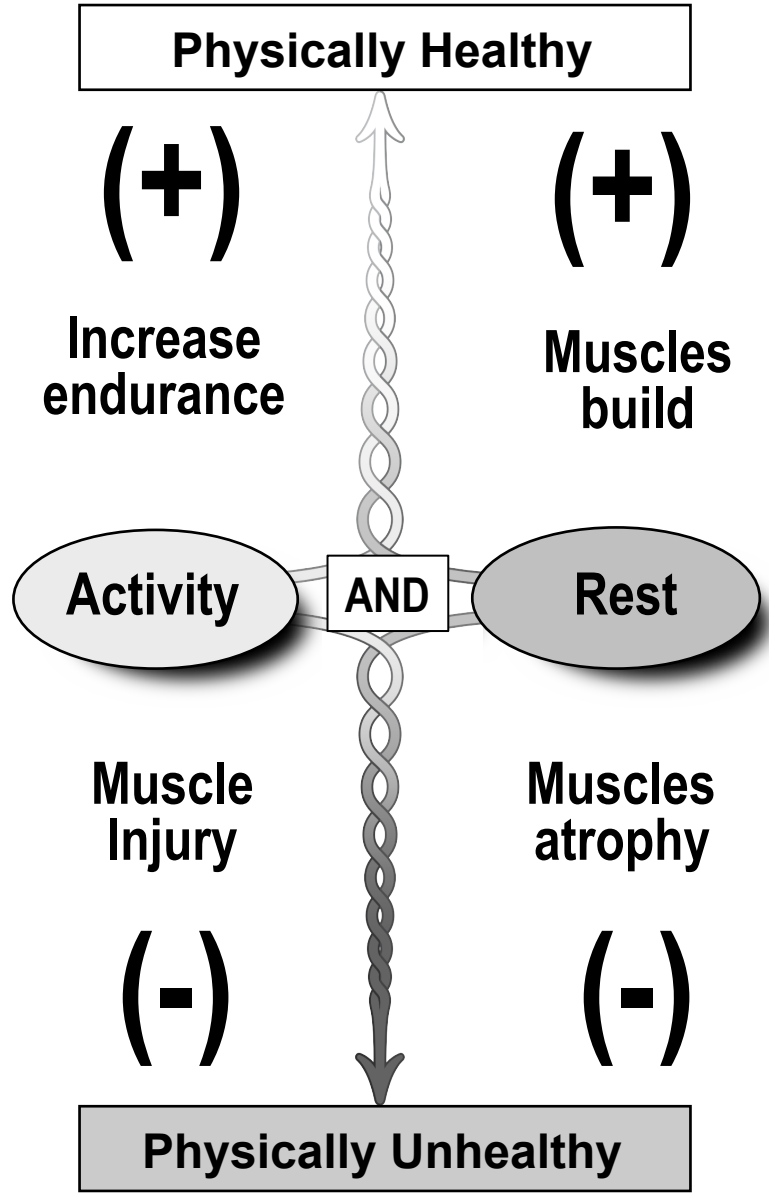
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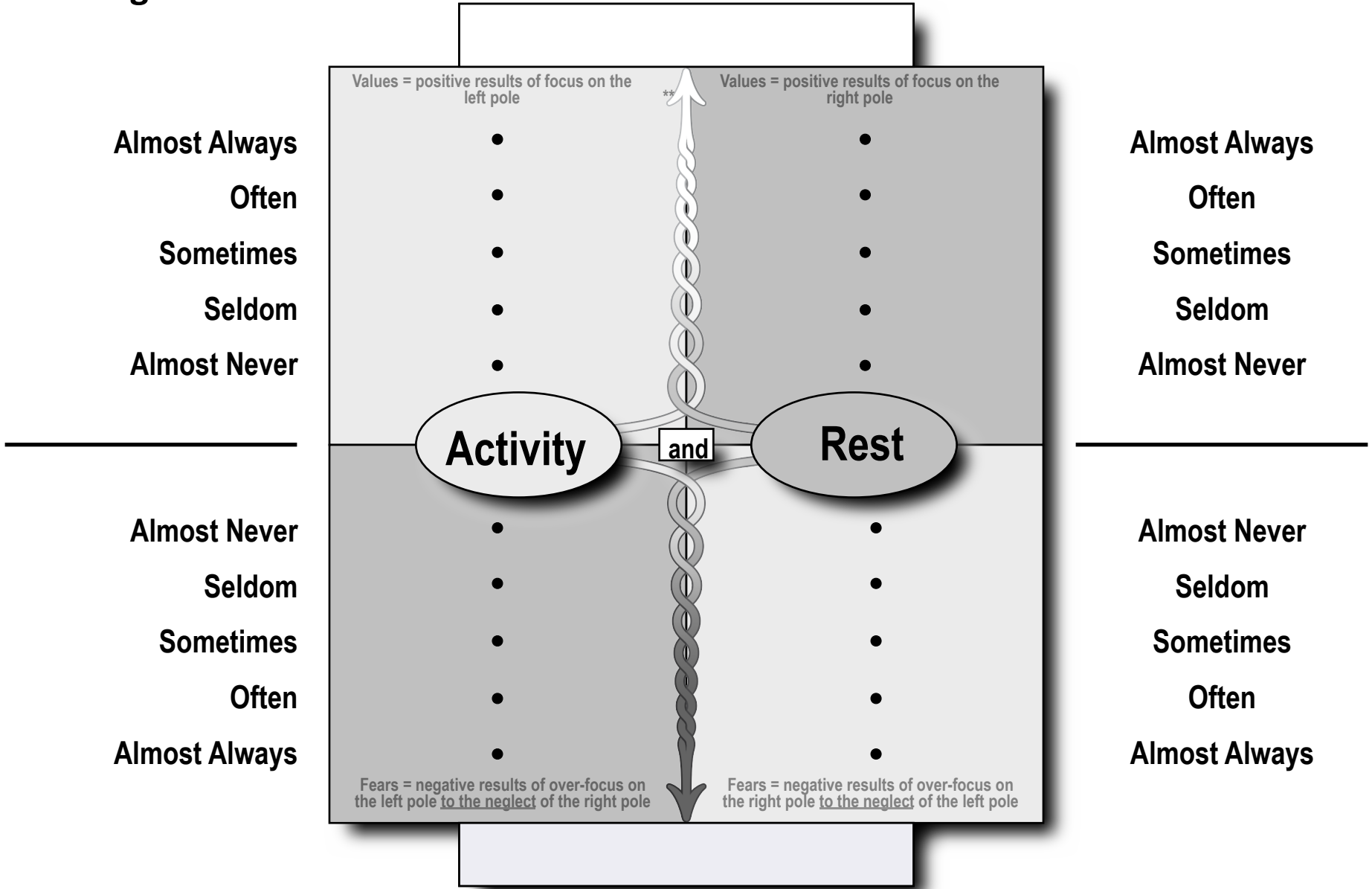
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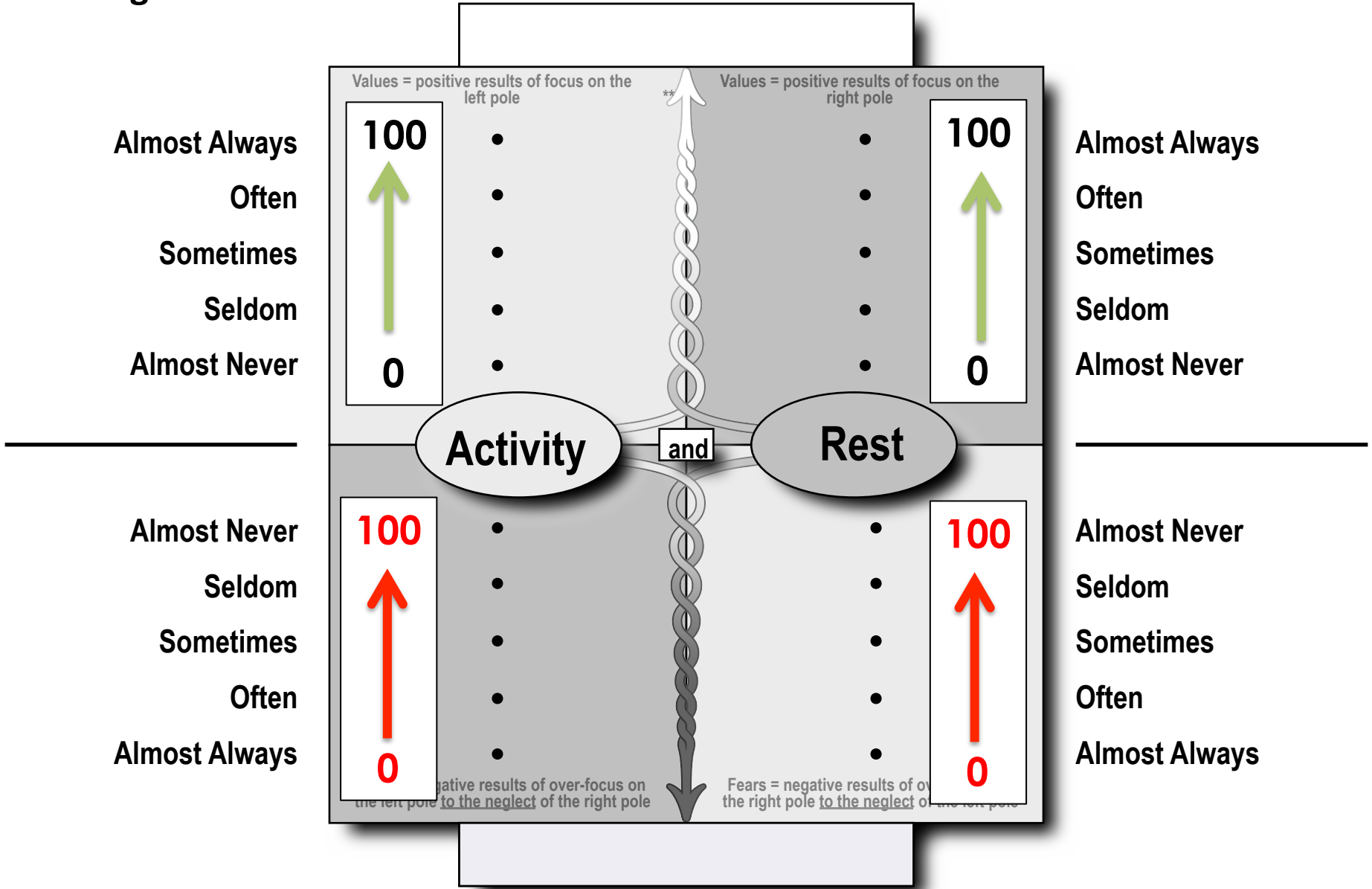
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Step 3: Assessing

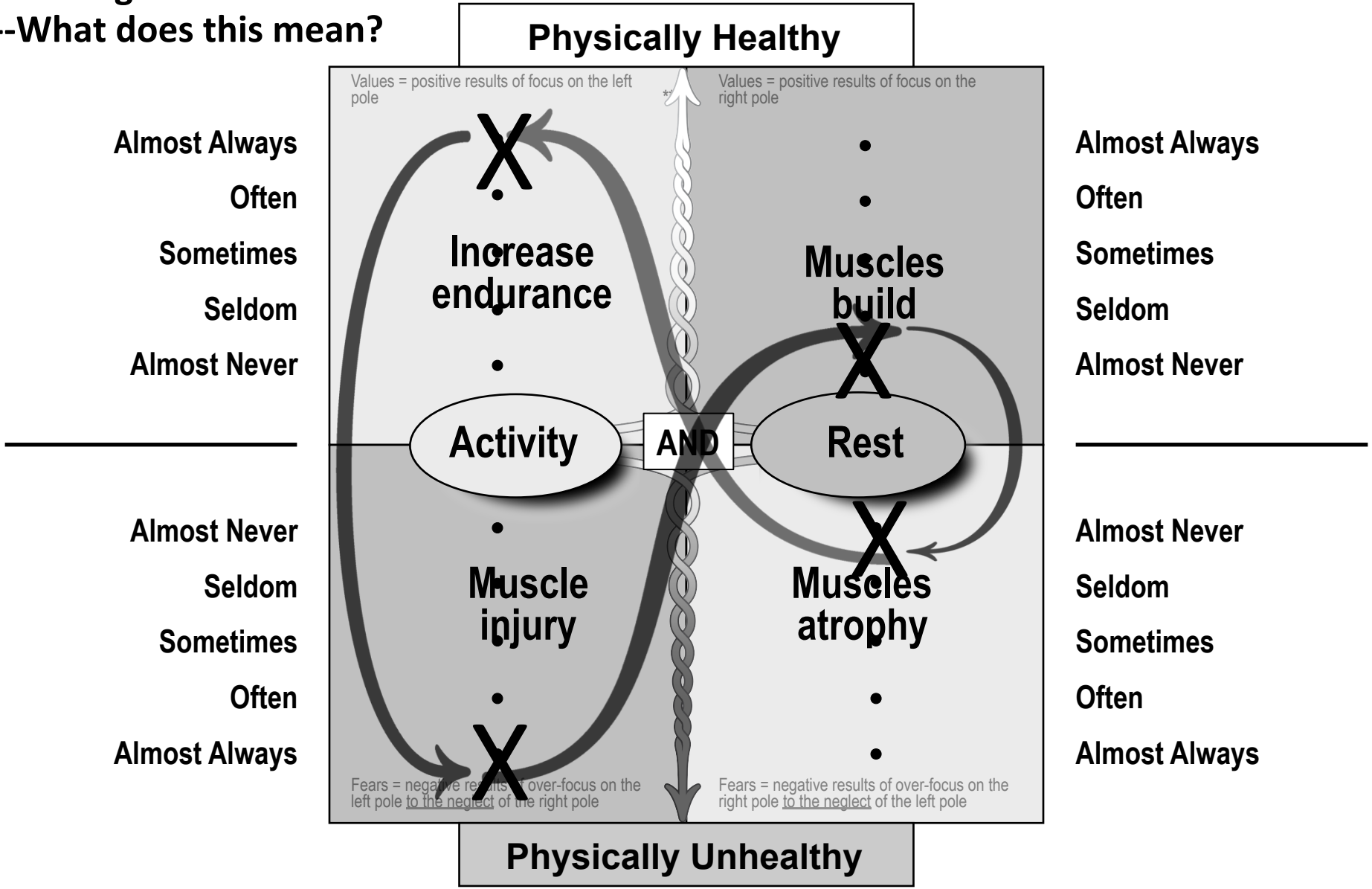


Step 3: Assessing



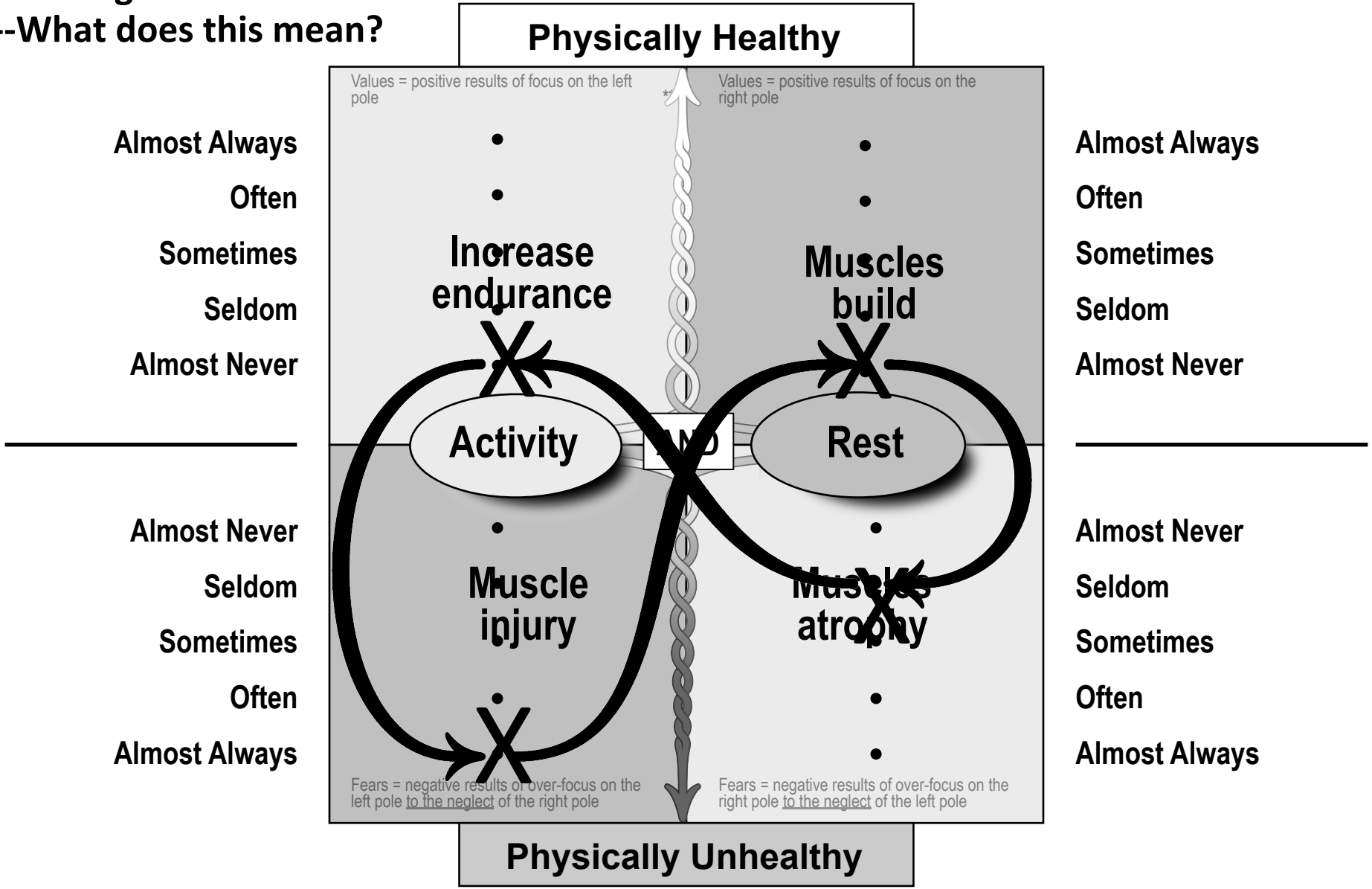
**Step 4:
Learning**

--What does this mean?



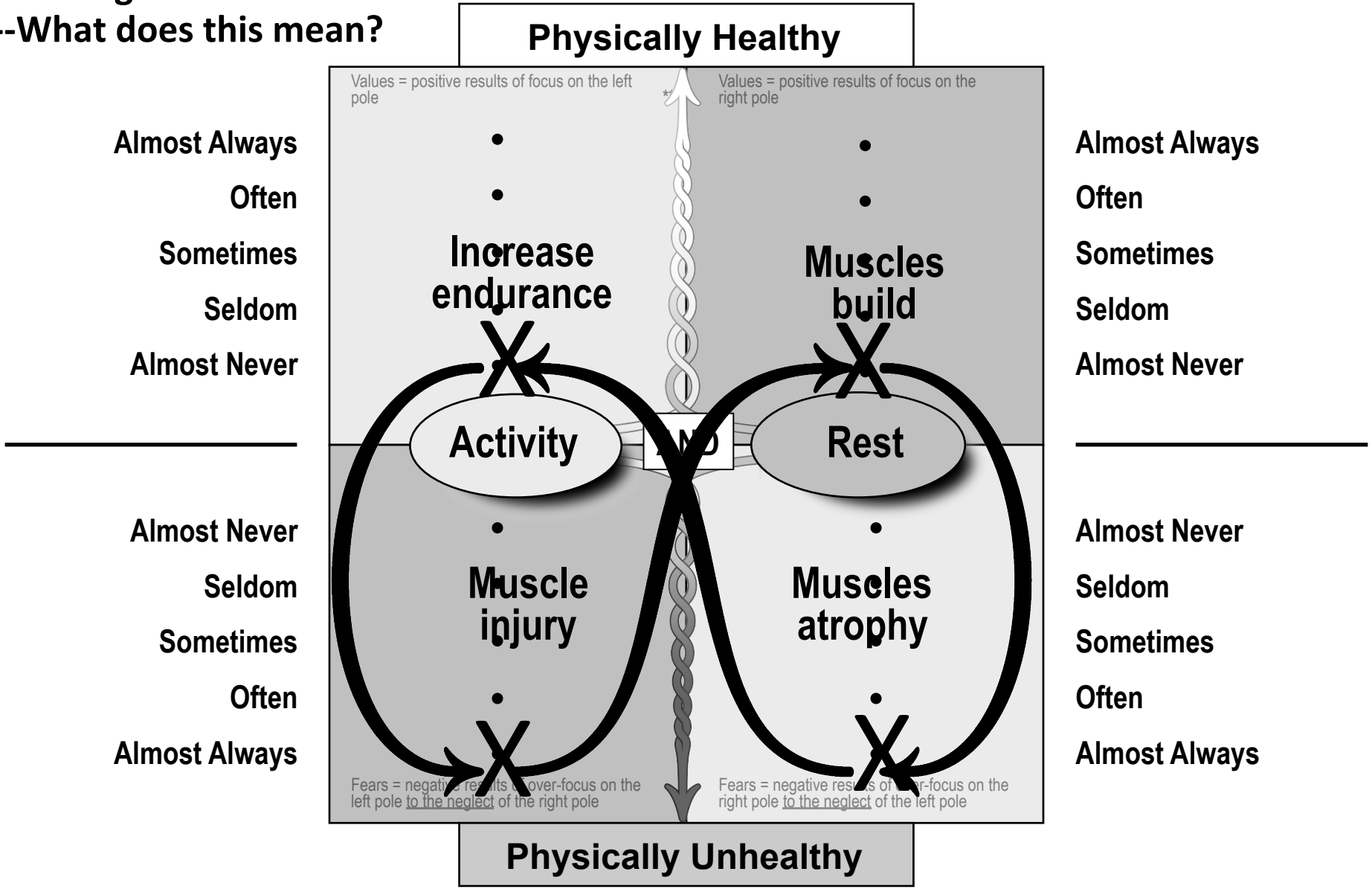
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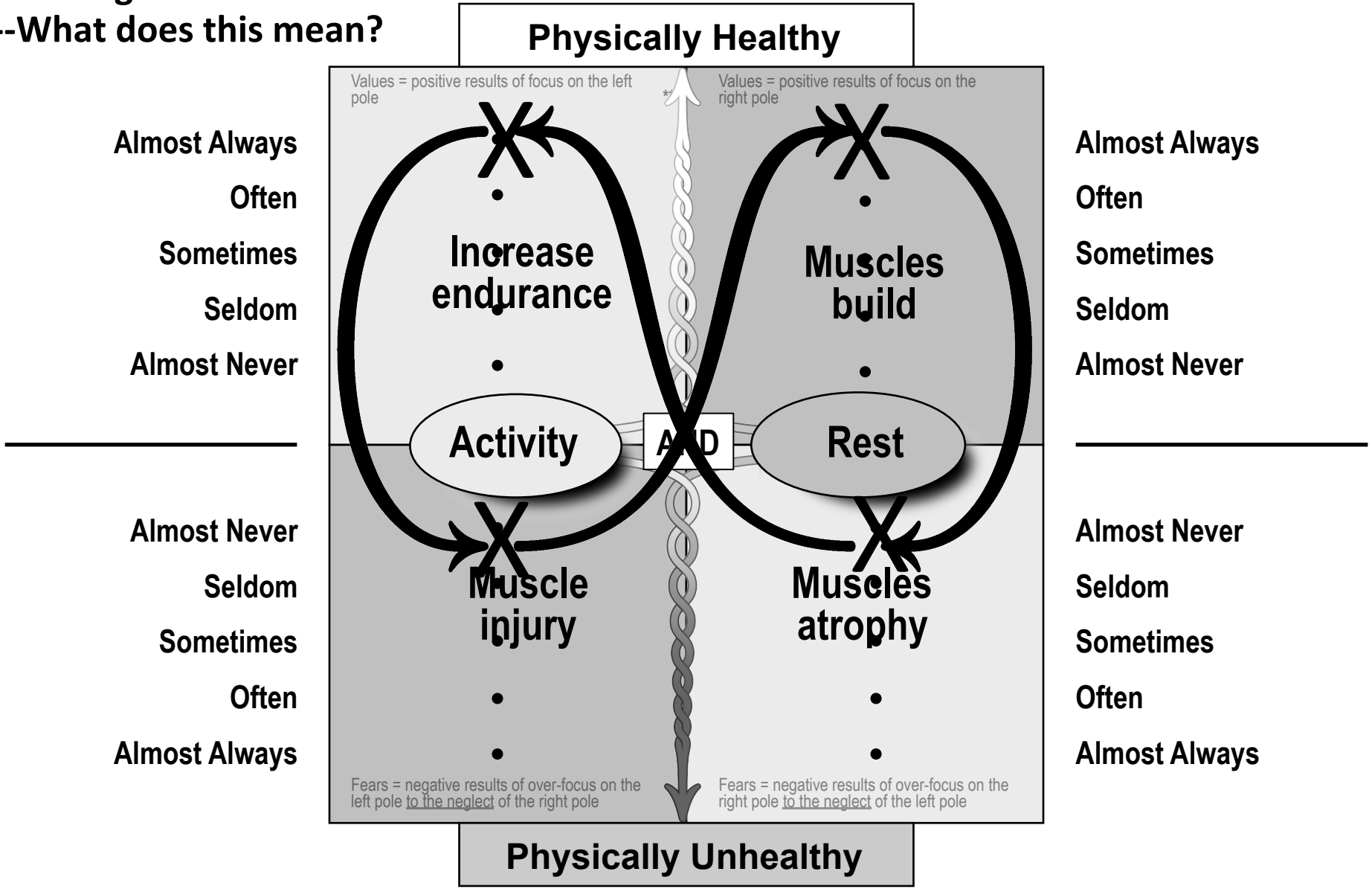
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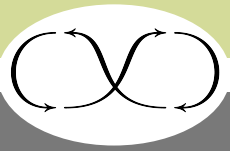
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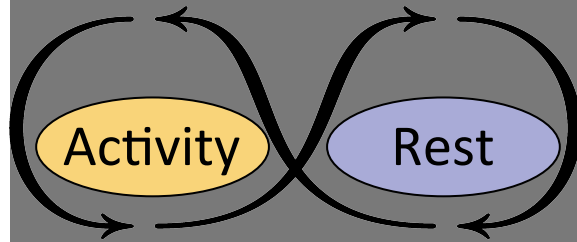
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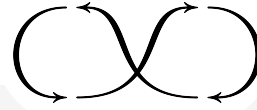
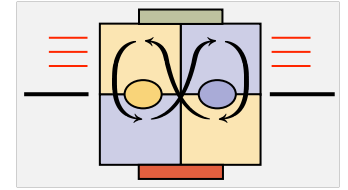


Training for a Marathon...



My sister, Lori, set a Greater Purpose to “Compete in, Finish, or Win a Marathon” which for her upped-the-ante’ in the need to fully leverage Activity and Rest (among other polarities). Lori is a cancer survivor and also lives with an incurable form of cancer. However, that doesn’t slow her down. She endeavors to live and do the things that bring her joy despite her diagnosis. Intentionally leveraging the benefits of Activity and Rest through Action Steps to empower both poles, help her improve her aerobic capacity and endurance through training (Activity) as well as recovery (Rest). Early Warning Signs help her anticipate the limitations of both poles. As a successful businesswoman with a demanding schedule on top of living with her diagnosis, modulating Action Steps and Early Warning Signs are key to managing her energy (see Action Steps and Early Warnings on the following Polarity Map™).

Leveraging



Action Steps

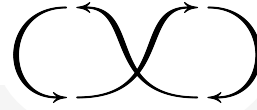
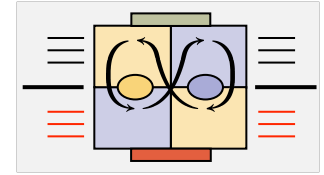
- What are you doing or will you do to get the upside of each pole?
- Can be doing them now or start doing them
- Have to be “Actionable” – Be willing to put a name, date and other specifics by it
- High Leverage Action Step = Can apply to both upsides

NOTE:

RULE for Actions Steps is that they should be “SMART”

Specific, **M**easurable, **A**ttainable, **R**esults oriented, **T**ime bound

Leveraging



Early Warnings

- How will you know early that you are getting into the downside of each pole?
- Must be measurable – something you can count. Begin with, “Increase in” or “Decrease in”
- Can be “Comments like, _____”

NOTE:

You cannot have the same Early Warning for both poles – you must be able to identify why you are in the downside of one pole as opposed to the other.

EXAMPLES:

Low Morale or High Turnover -- might appear as Early Warnings for both downsides

TIP: Try Adding “because”

Low Morale, because...

High Turnover, because...

Polarity® Map

Action Steps

How will we gain or maintain the positive results from focusing on this left pole? What? Who? By When? Measures?

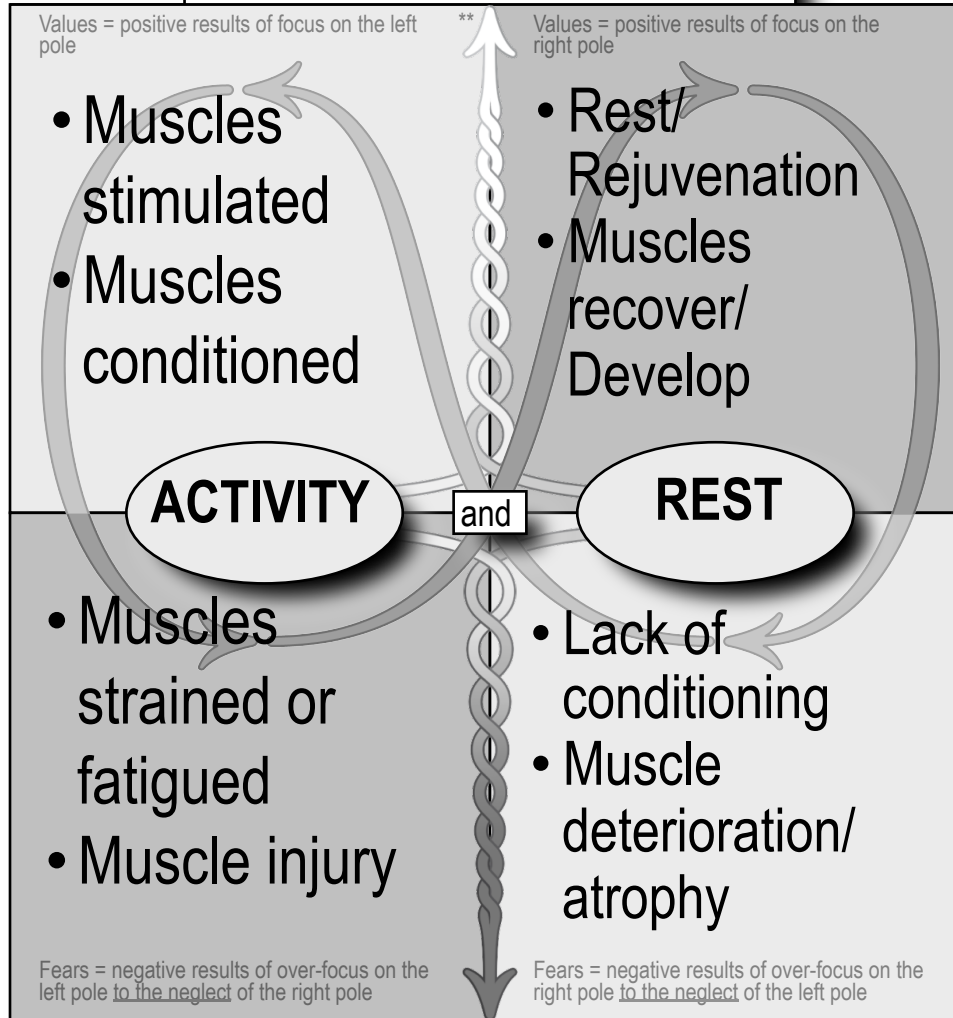
- A. Run every other day
- B. Increase distance by 1 mile every 2 weeks

Early Warnings***

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this left pole.

- A. Constant and/or increasing muscle pain
- B. Increase in spasms or sharp pains when training

Greater Purpose Statement (GPS) *- why leverage this polarity?
COMPETE IN, FINISH, or WIN MARATHON



UNABLE TO COMPETE, FINISH or WIN
 Deeper Fear – Lack of GPS

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Action Steps

How will we gain or maintain the positive results from focusing on this right pole? What? Who? By When? Measures?

- A. At least 7 hours of rest per night
- B. Take every other day off

Early Warnings

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this right pole.

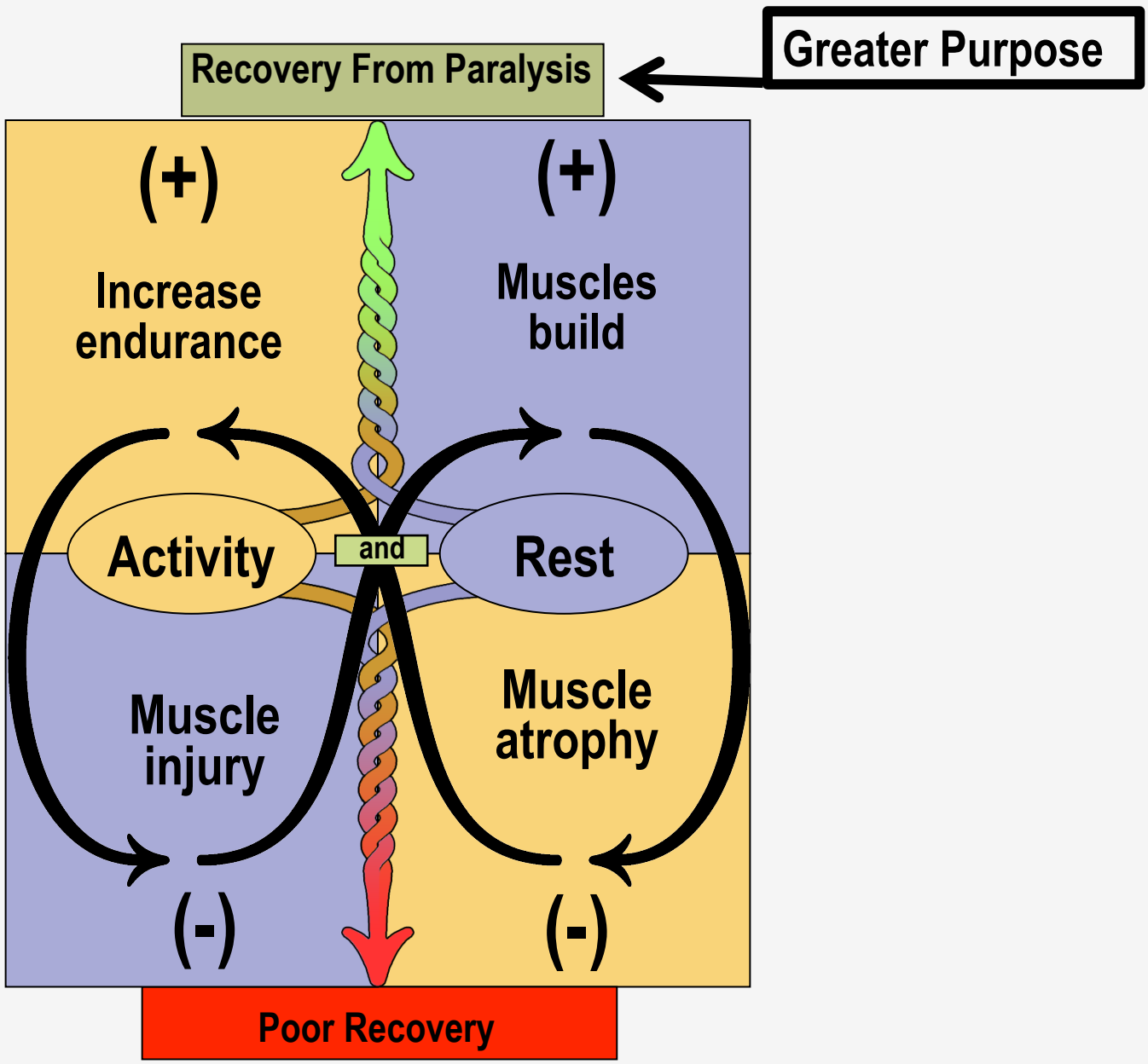
- A. Increase in canceling trainings due to other commitments
- B. Increase in difficulty maintaining mileage regimen on training schedule

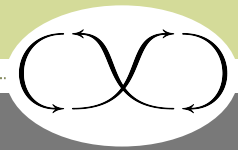
Step 4: Leveraging

In 2008, a painful mass developed in her hip area requiring surgery and to determine whether her cancer had spread.

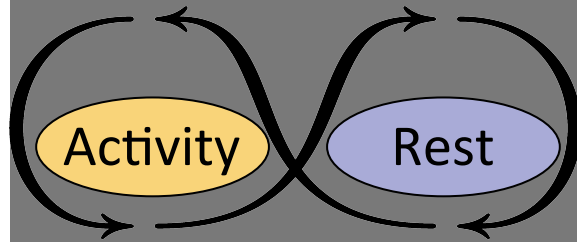
The good news was, it wasn't cancer. The bad news was, the surgery damaged a femoral nerve and she woke up in recovery to discover she had no use of her left leg.

Overnight, her Greater Purpose for the Activity and Rest polarity went from running a marathon in spite of other challenges, to recovering from paralysis.





Recovering from Surgery...



Little did Lori know at the time, learning to walk again would turn out to be a 16-month journey. The core elements of the Polarity Map™ -- the *benefits* and *limitations* -- of Activity and Rest didn't change. She still needed to stimulate/condition muscles and rest/rejuvenate. She still had to be cautious about trying to do too much and strain her muscles and risk injury. She still needed to be cautious not to rest too much and risk deteriorating her muscles. What shifted considerably to reflect her new reality were the Action Steps and Early Warnings. She developed a few "high-leverage" Action Steps (noted as "HL" in the Polarity Map™ below), which are single steps that support maximizing the benefits of both poles. She said those became significant factors in her recovery. One was "1 massage per week." The other to be vigilant about "Listen/follow Matt's instructions." (Matt was her physical therapist, pictured above.)

Polarity® Map

Action Steps

How will we gain or maintain the positive results from focusing on this left pole? What? Who? By When? Measures?

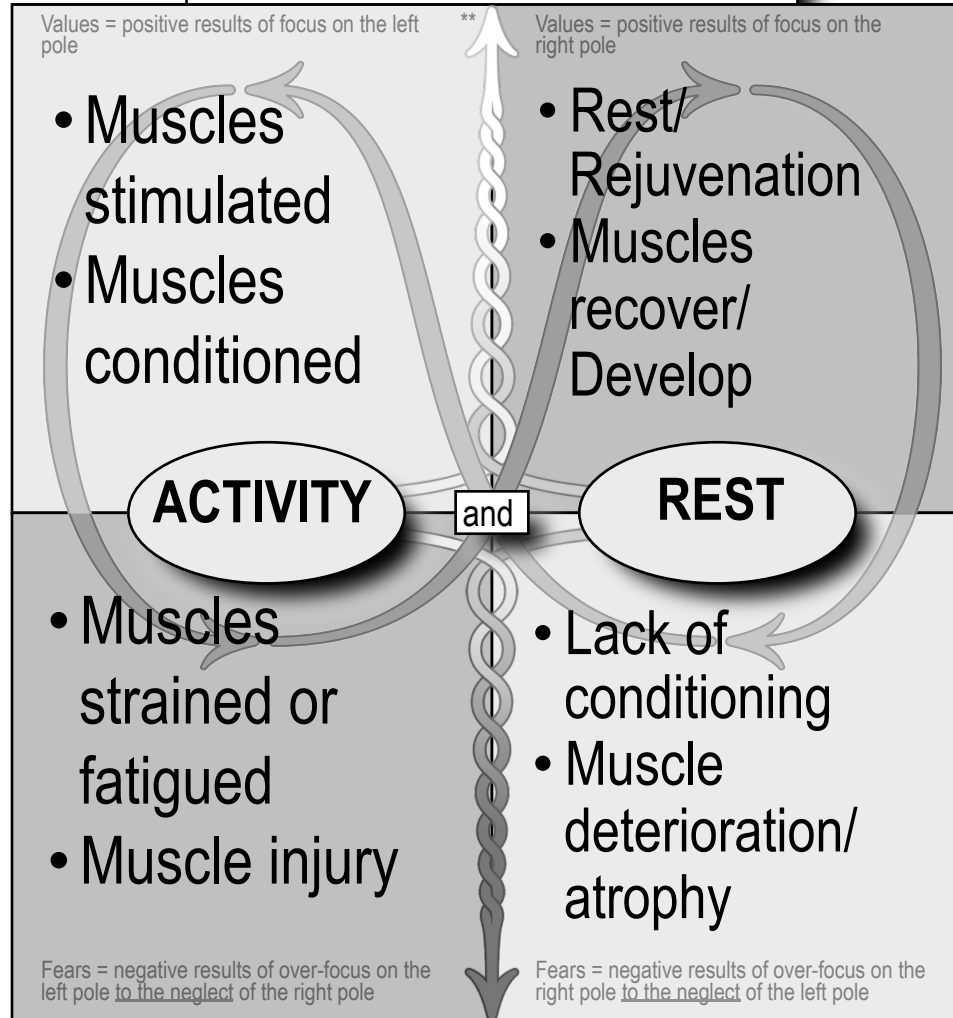
- A.1 massage per week (*HL)
- B.Listen/follow Matt's instructions (*HL)
- C.Attend physical therapy 2x per week
- D.Push myself as hard as I can in physical therapy sessions with Matt

Early Warnings***

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this left pole.

- A.Healing progress slowing or slower than should be due to overdoing it
- B.Experiencing spasms or sharp pains during therapy sessions

Greater Purpose Statement (GPS) *- why leverage this polarity?
SUCCESSFUL RECOVERY FROM SURGERY



SLOW or POOR RECOVERY FROM SURGERY

Deeper Fear – Lack of GPS

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Action Steps

How will we gain or maintain the positive results from focusing on this right pole? What? Who? By When? Measures?

- A.1 massage per week (*HL)
- B.Listen/follow Matt's instructions (*HL)
- C.Rest 3 days between physical therapy sessions

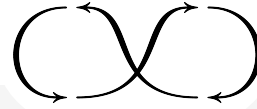
Early Warnings

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this right pole.

- A.Healing progress slower than should be due to canceled P.T. appointments
- B.Range of motion is not progressing due to canceled therapy appointments

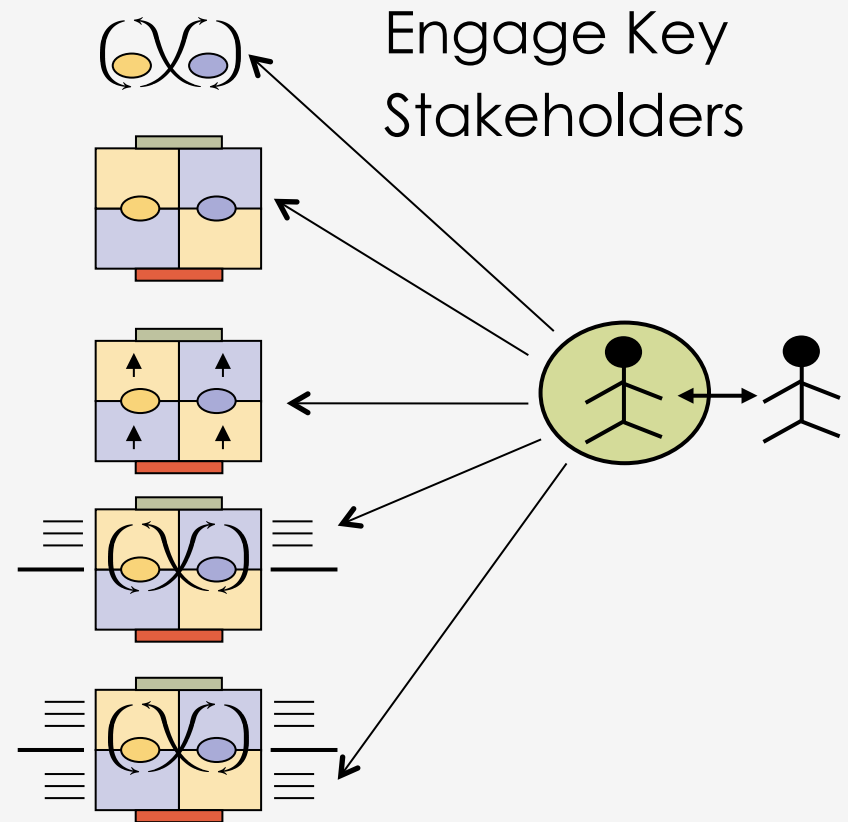
*HL= High Leverage Action Step

The 5-Step Process



The 5-Step process to leverage polarities integrates the Polarity Map™ and the Polarity Approach for Continuity and Transformation (PACT™)

- S Seeing
- M Mapping
- A Assessing
- L Learning
- L Leveraging



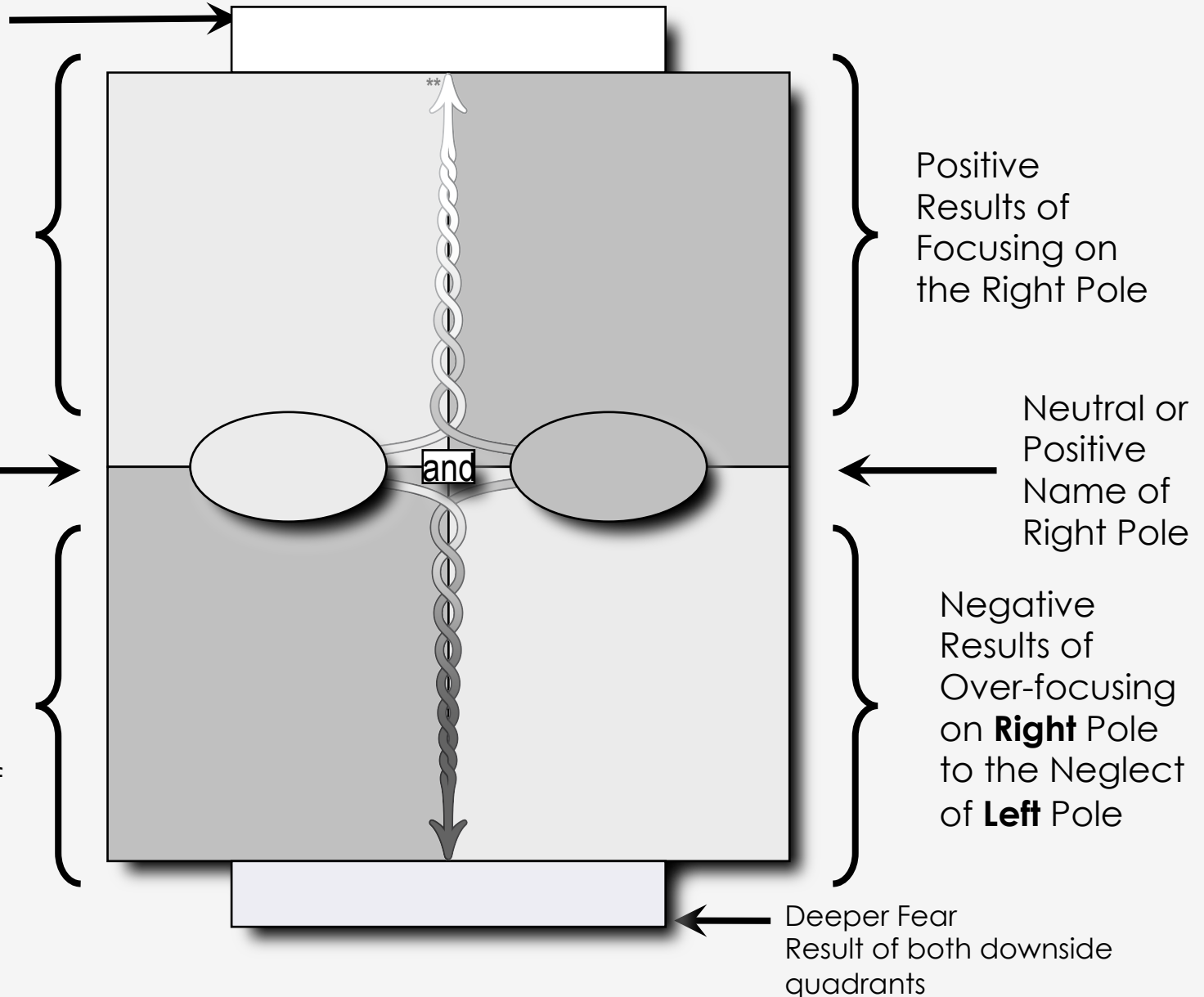
Step 2, Mapping = Organizing Wisdom

GPS =
Why?
Result of both
upside quadrants

Positive
Results of
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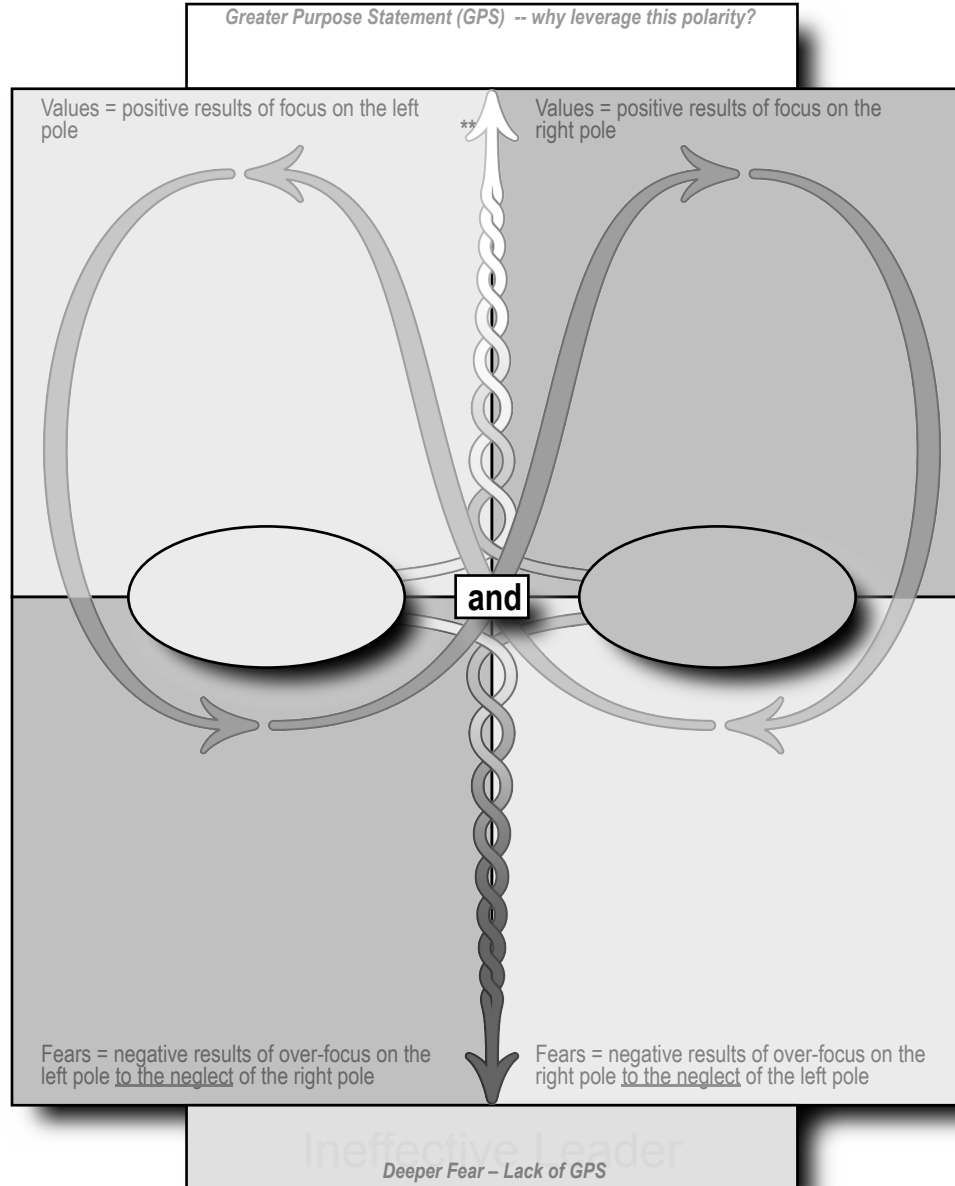
Polarity Map™

Action Steps

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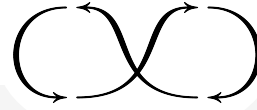
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Human Social Systems



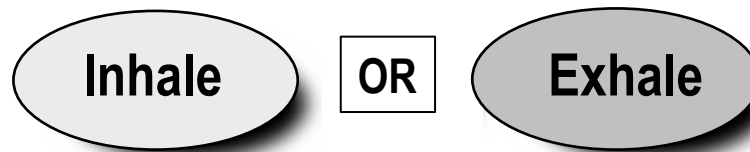
“Either/or” problem solving thinking AND “Both/and” Leveraging Polarities Thinking help individuals and systems to efficiently and effectively leverage unsolvable polarity tensions, such as:

- Continuity AND Change
- Self AND Other
- The Parts AND The Whole
- Justice AND Mercy
- Freedom AND Equality

Thinking using “Either/Or” problem solving
is useful
for problem solving...

However, applying “Either/Or Thinking
to “Both/And” tensions is dysfunctional...

EXAMPLE: Should we?



STEP 1:

Seeing

- The “both/and” Interdependency



Step 2:
Mapping
--The ongoing dynamic

(+)

(+)

Inhale

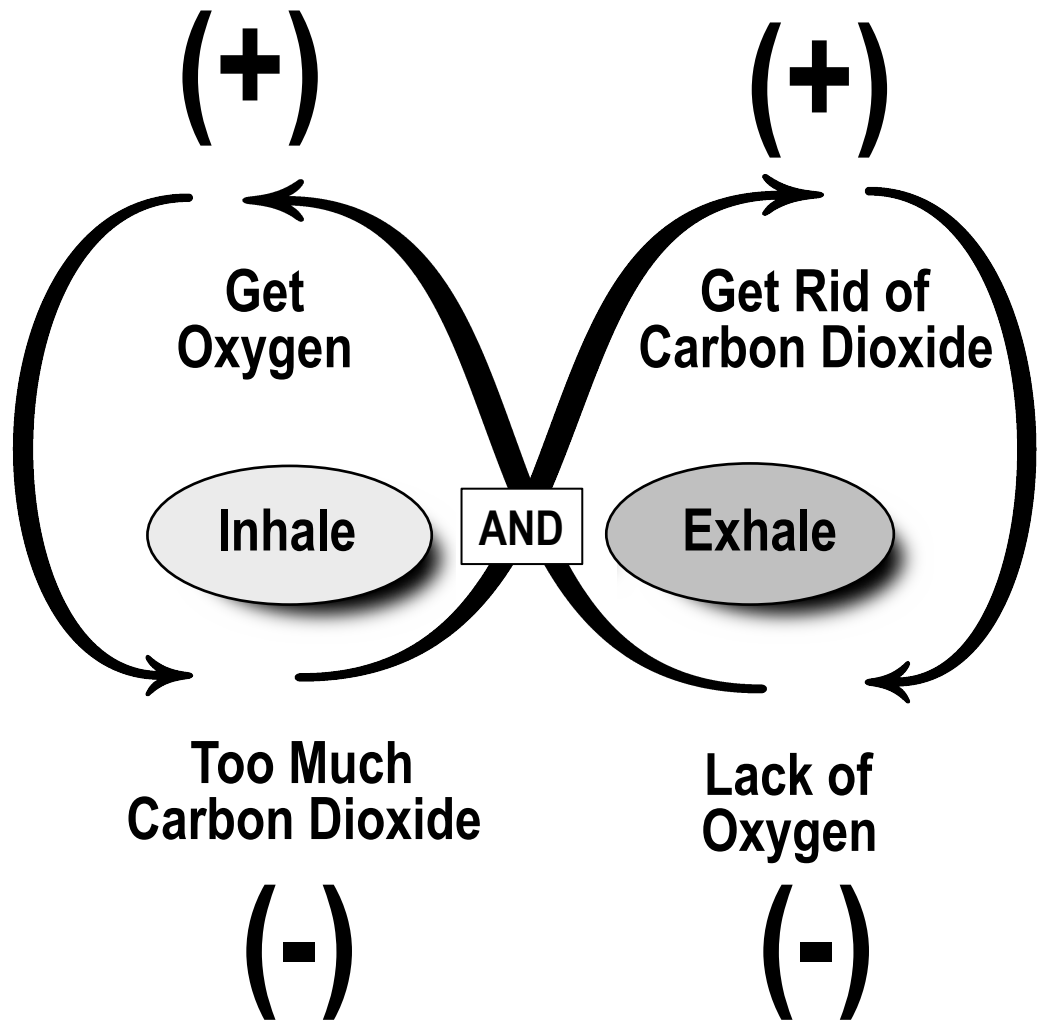
AND

Exhale

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**Step 2:
Mapping
--The ongoing dynamic**



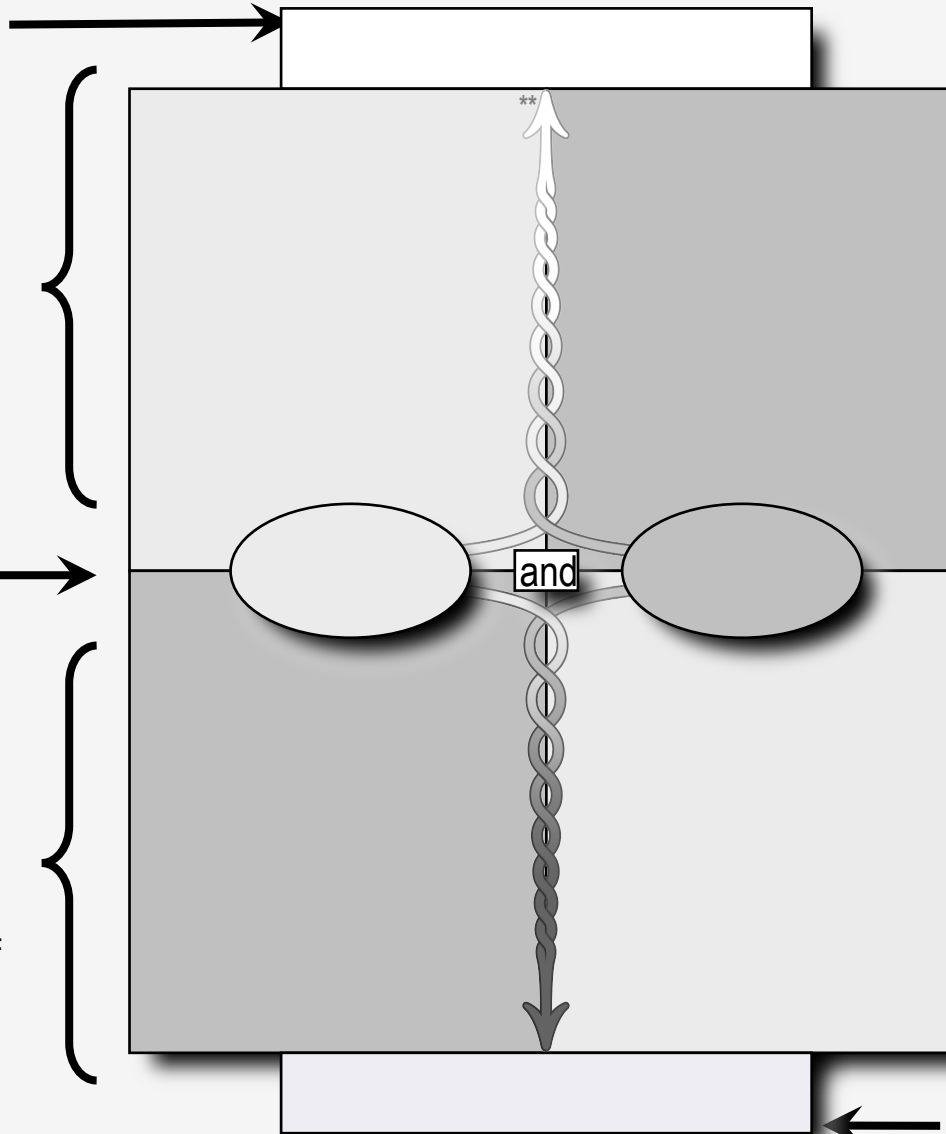
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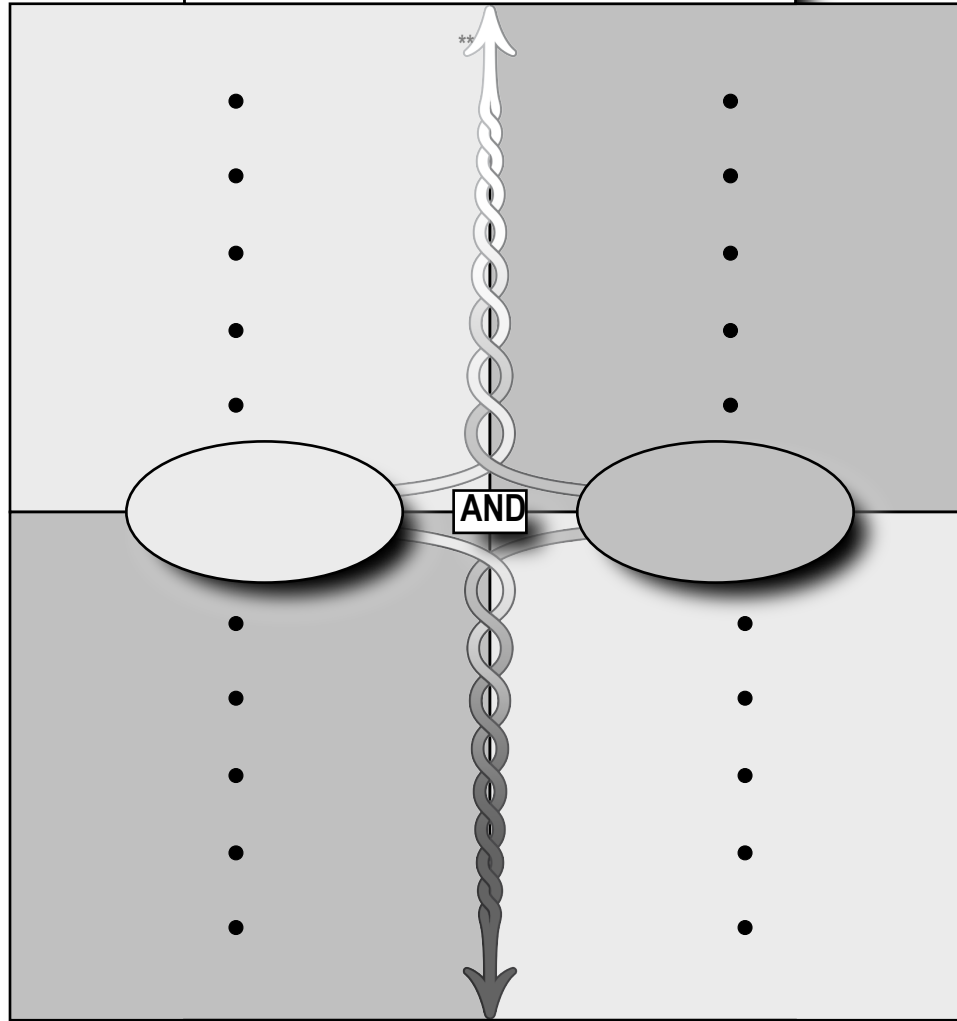
Negative
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Deeper Fear
Result of both downside
quadrants

Assessing Performance

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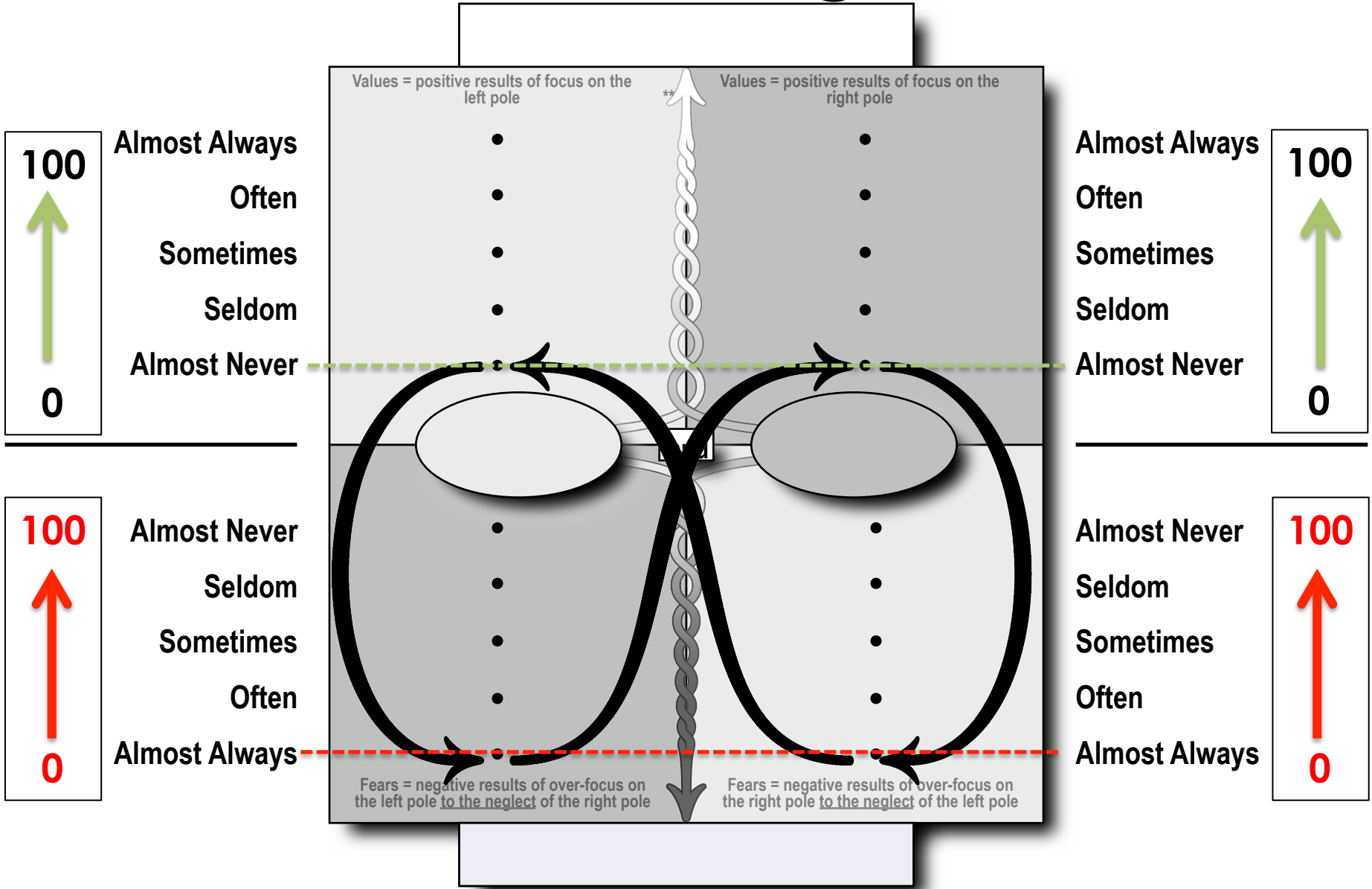
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Assessing



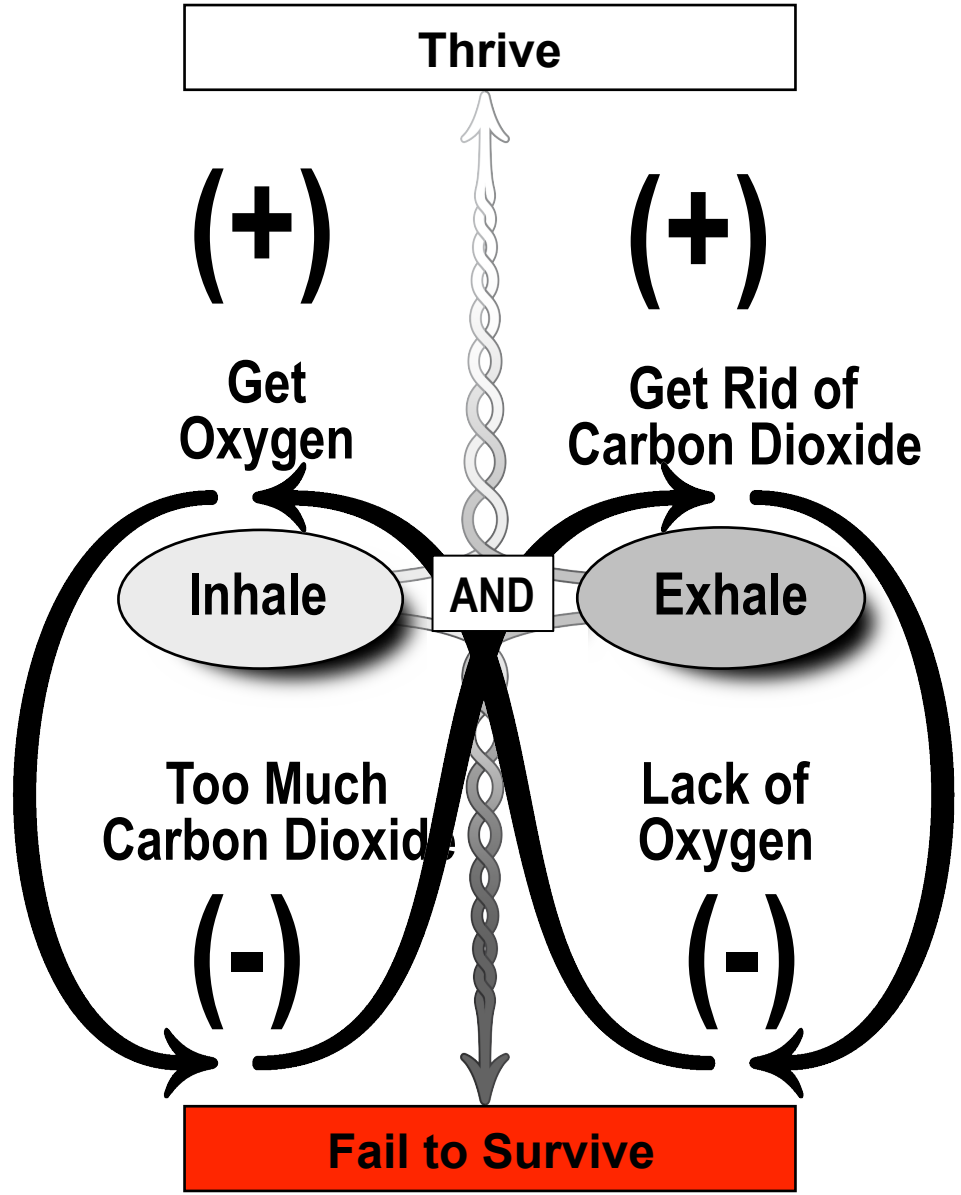
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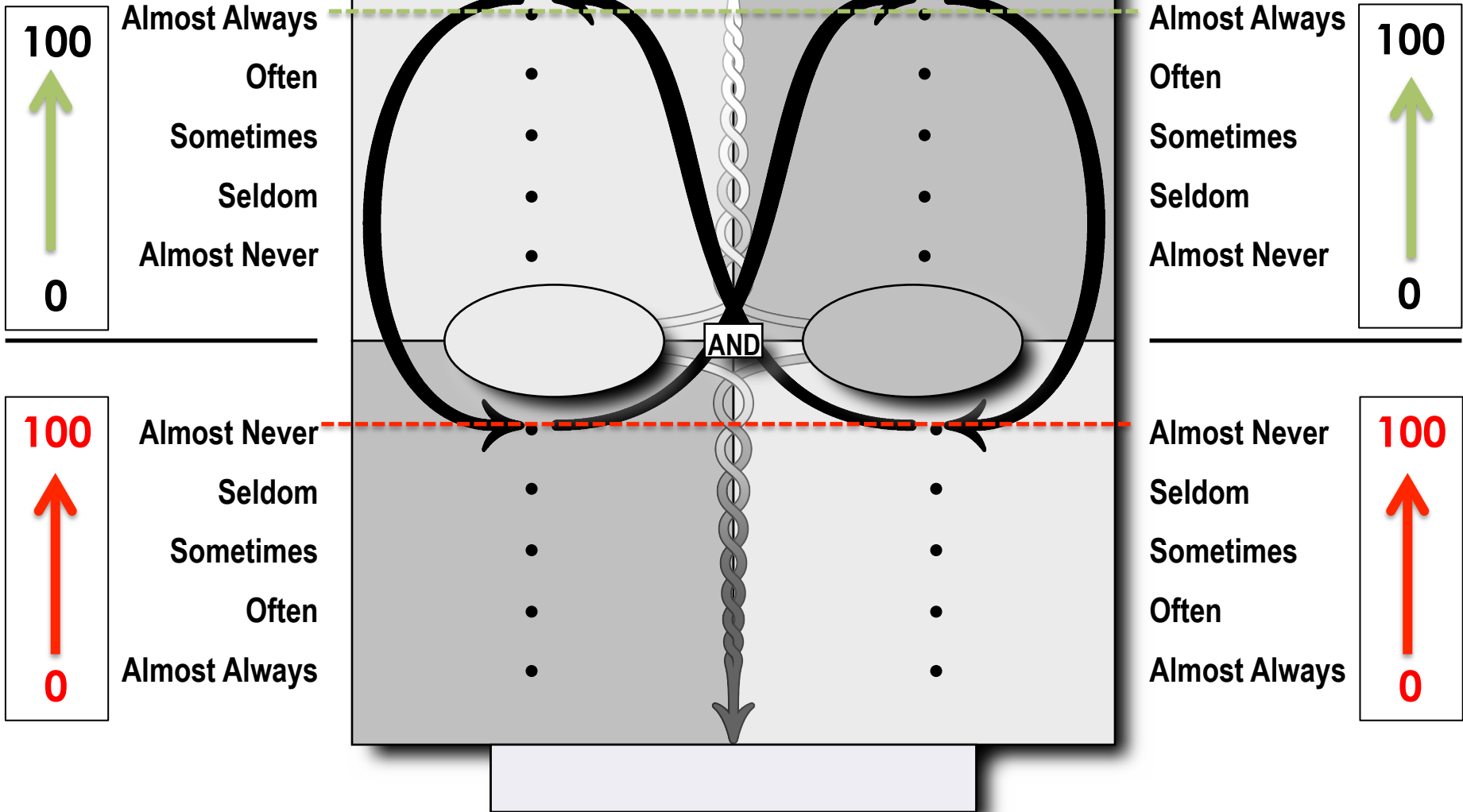
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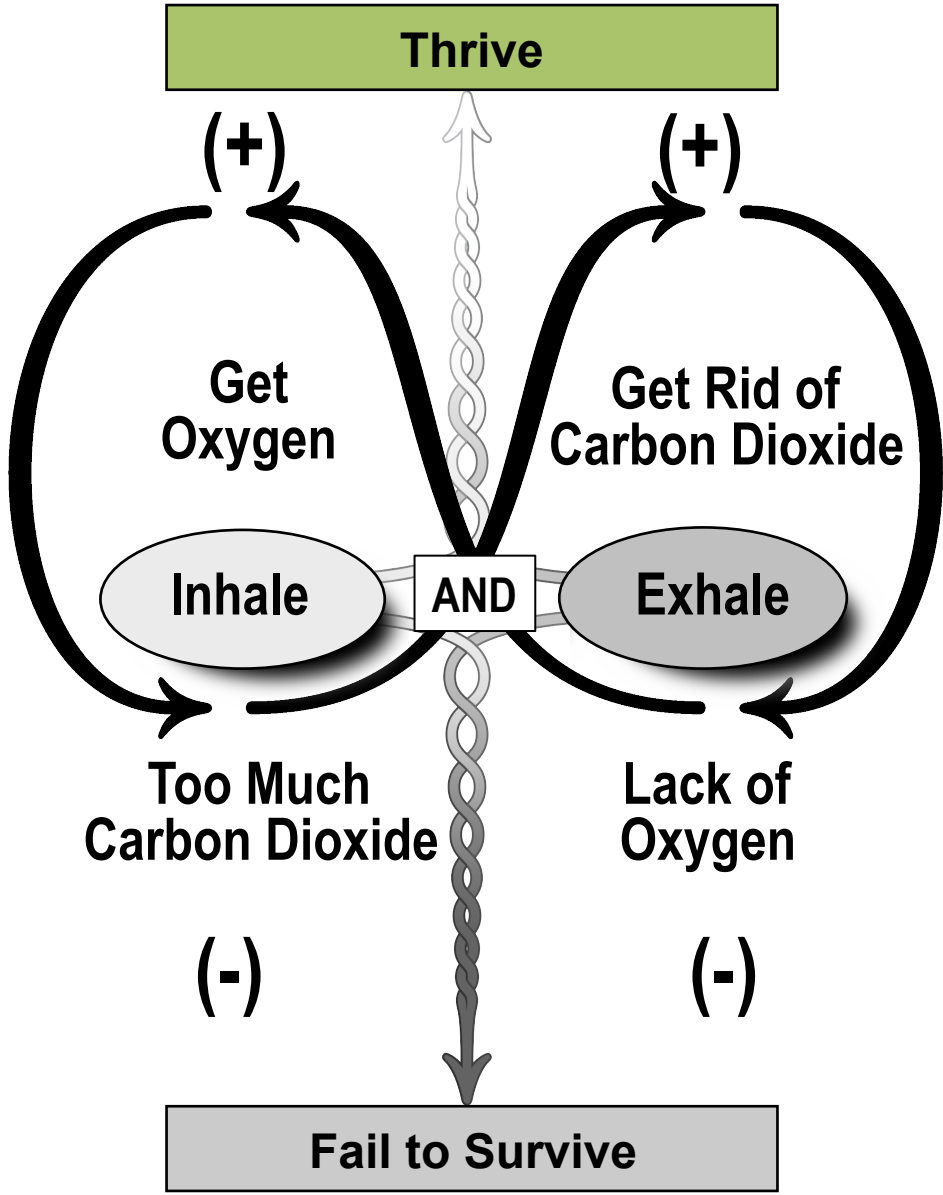
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Often
Almost Always



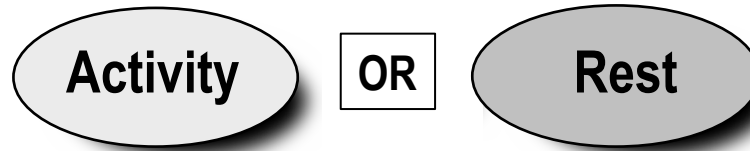
Almost Always 100
Often
Sometimes
Seldom
Almost Never 0

↑

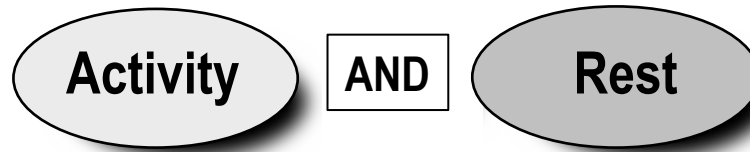
Almost Never 100
Seldom
Sometimes
Often
Almost Always 0

↑

Which is Better?



Seeing – The Interdependency



Seeing

Some Tensions Require ***BOTH***



“One” ***AND*** “The Other”

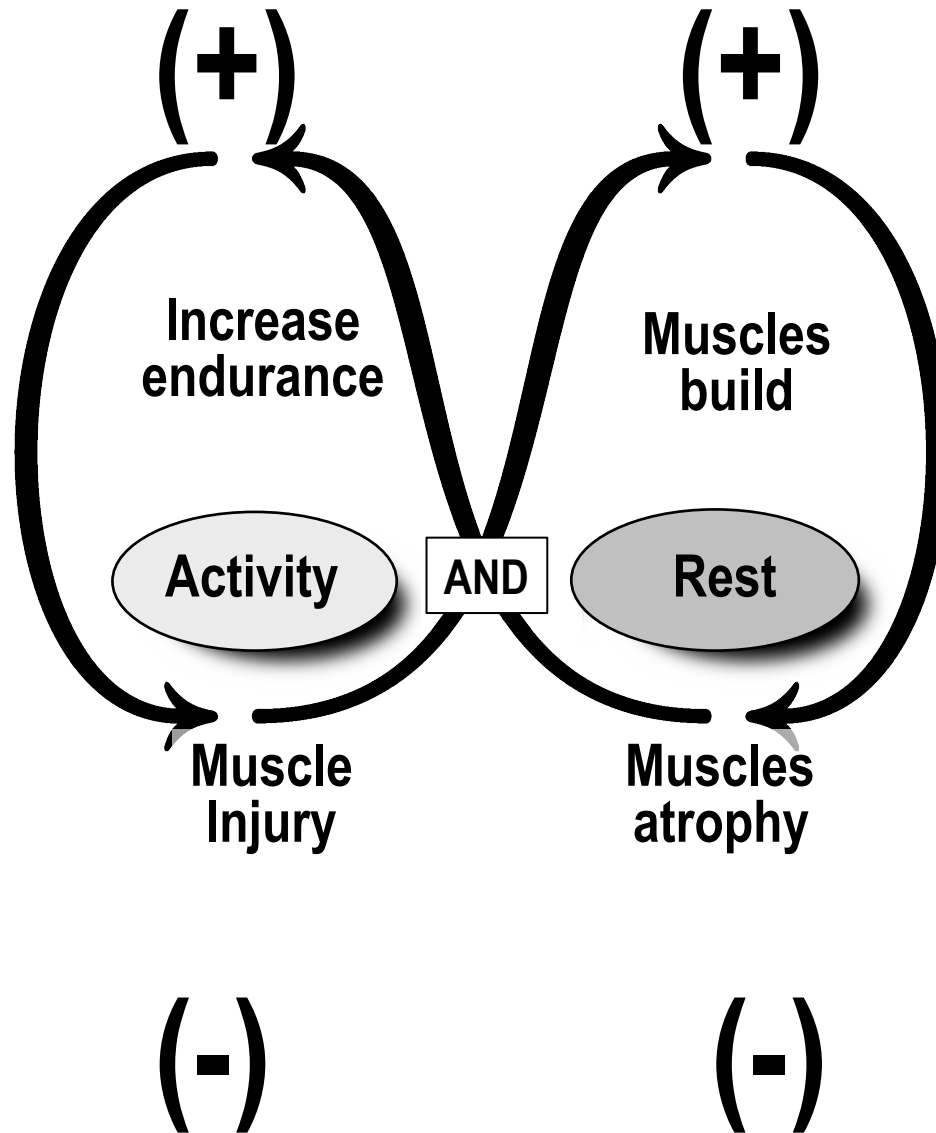
Mapping – The Dynamic

(+) (+)



(-) (-)

Mapping



Mapping

Physically Healthy

(+)

Increase
endurance

(+)

Muscles
build

Activity

AND

Rest

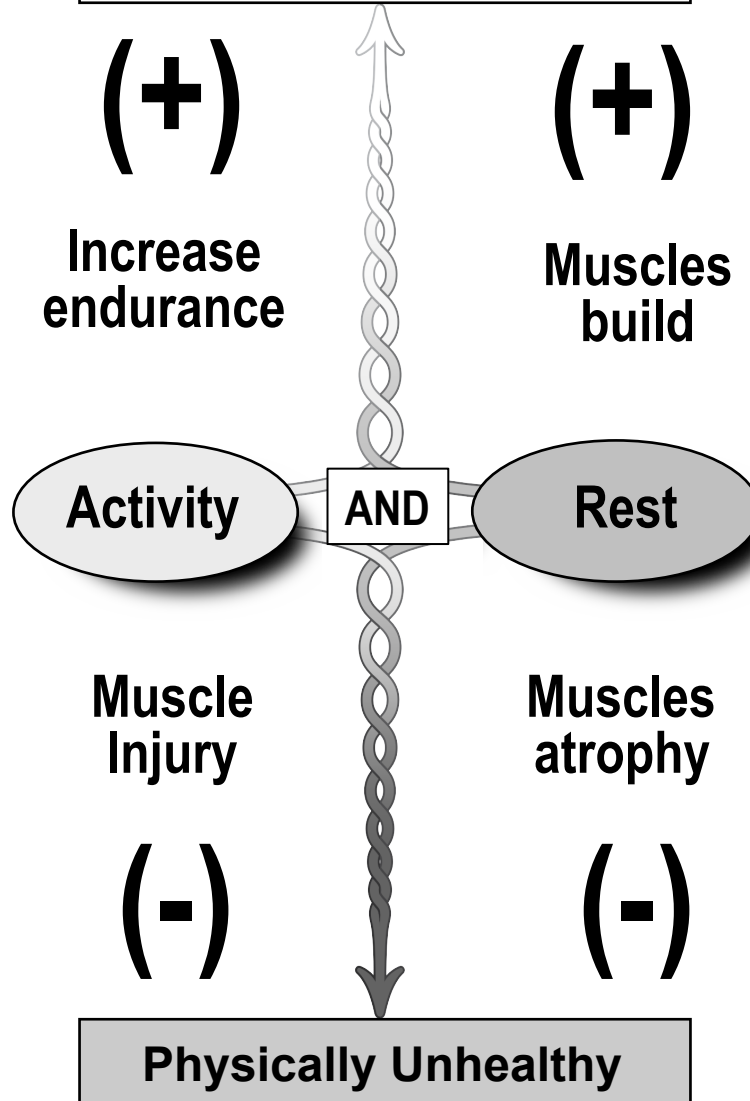
Muscle
Injury

Muscles
atrophy

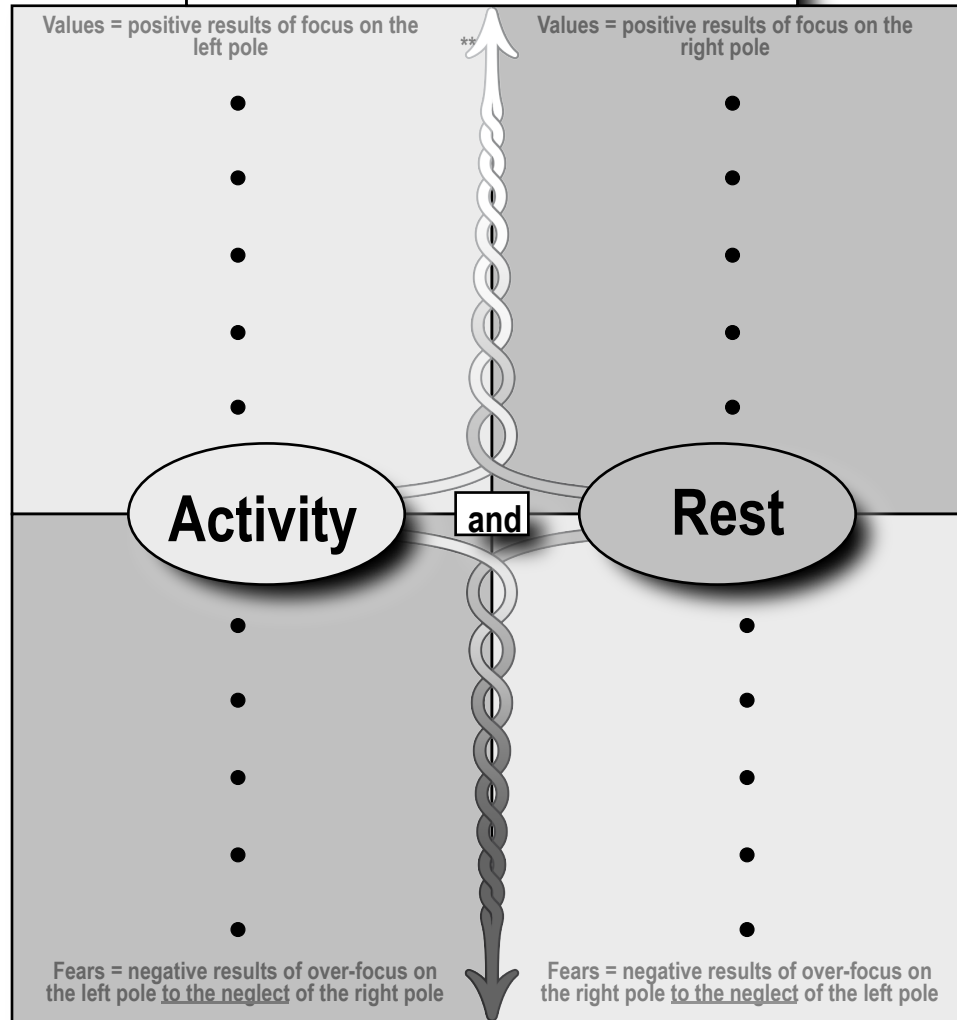
(-)

(-)

Physically Unhealthy



Assessing



Almost Always

Often

Sometimes

Seldom

Almost Never

Almost Never

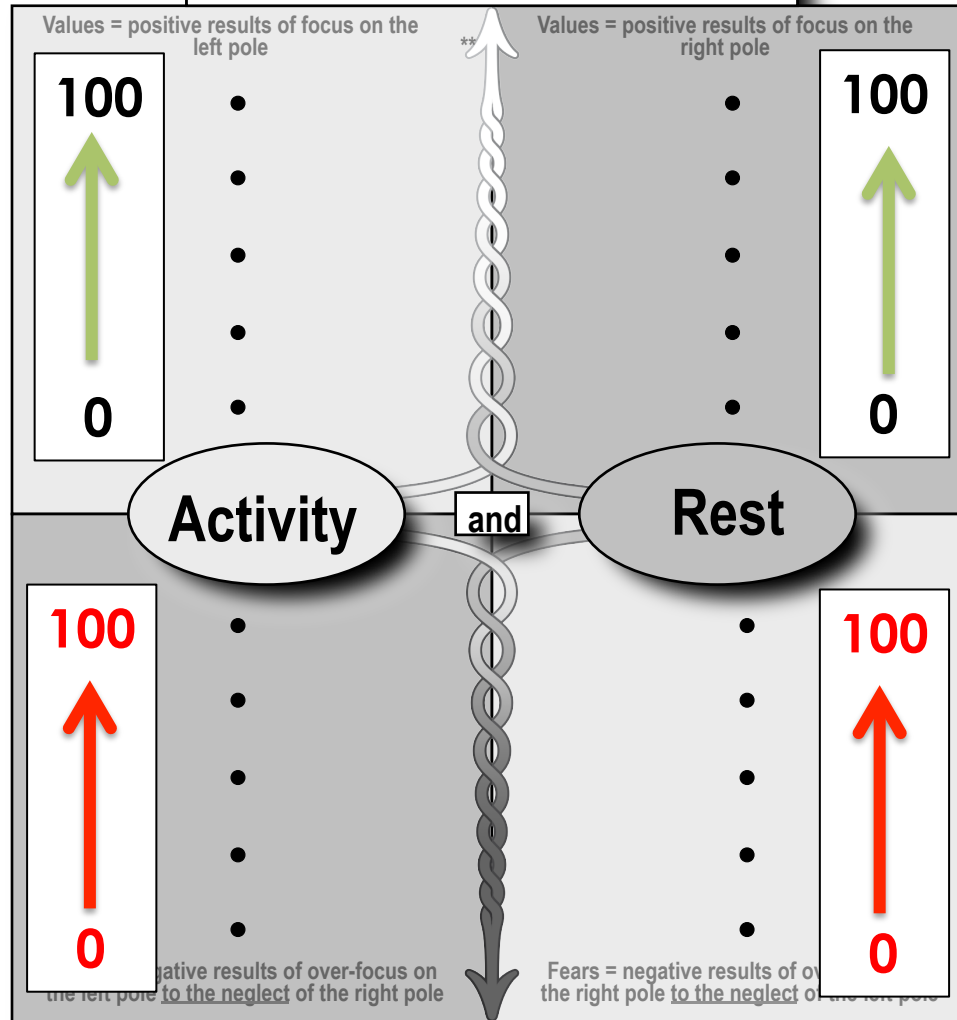
Seldom

Sometimes

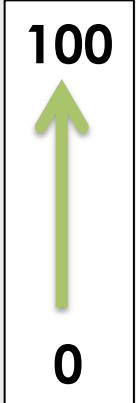
Often

Almost Always

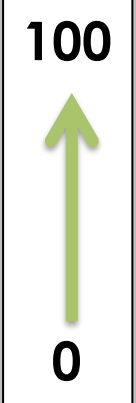
Assessing



Almost Always
Often
Sometimes
Seldom
Almost Never

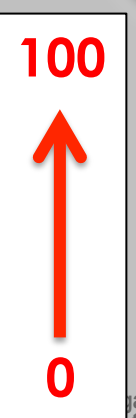


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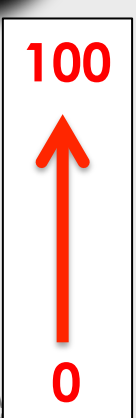


Almost Always
Often
Sometimes
Seldom
Almost Never

Almost Never
Seldom
Sometimes
Often
Almost Always



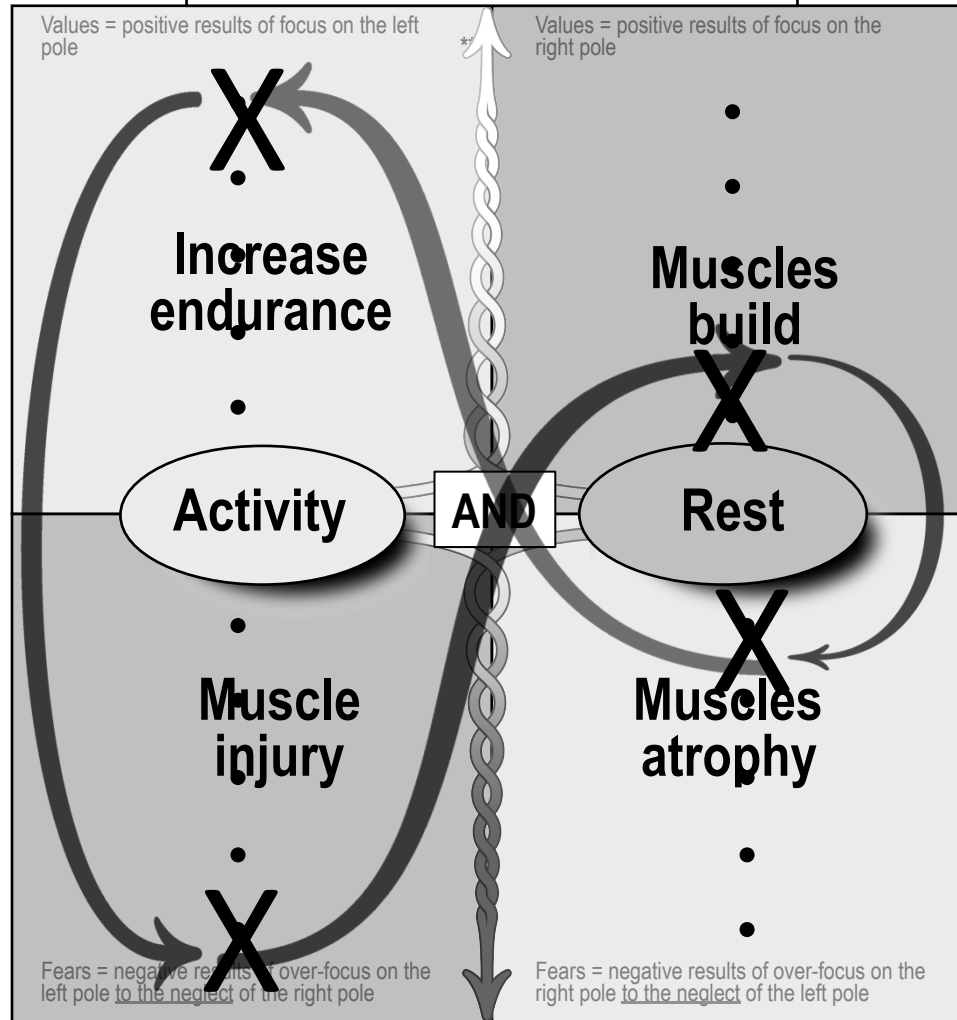
-
-
-
-
-



Almost Never
Seldom
Sometimes
Often
Almost Always

Assessing – Learning

Physically Healthy



Almost Always

Often

Sometimes

Seldom

Almost Never

Almost Never

Seldom

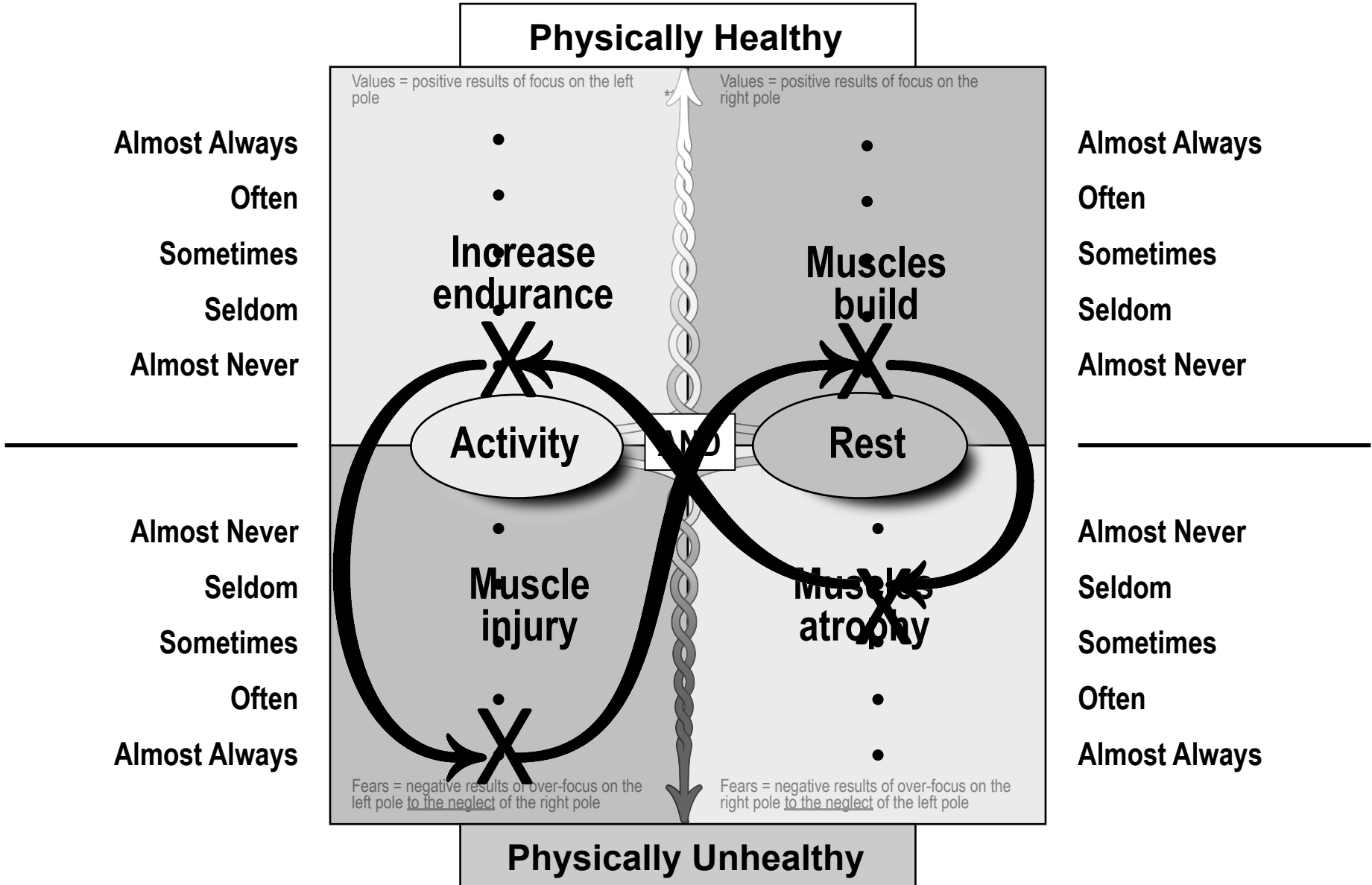
Sometimes

Often

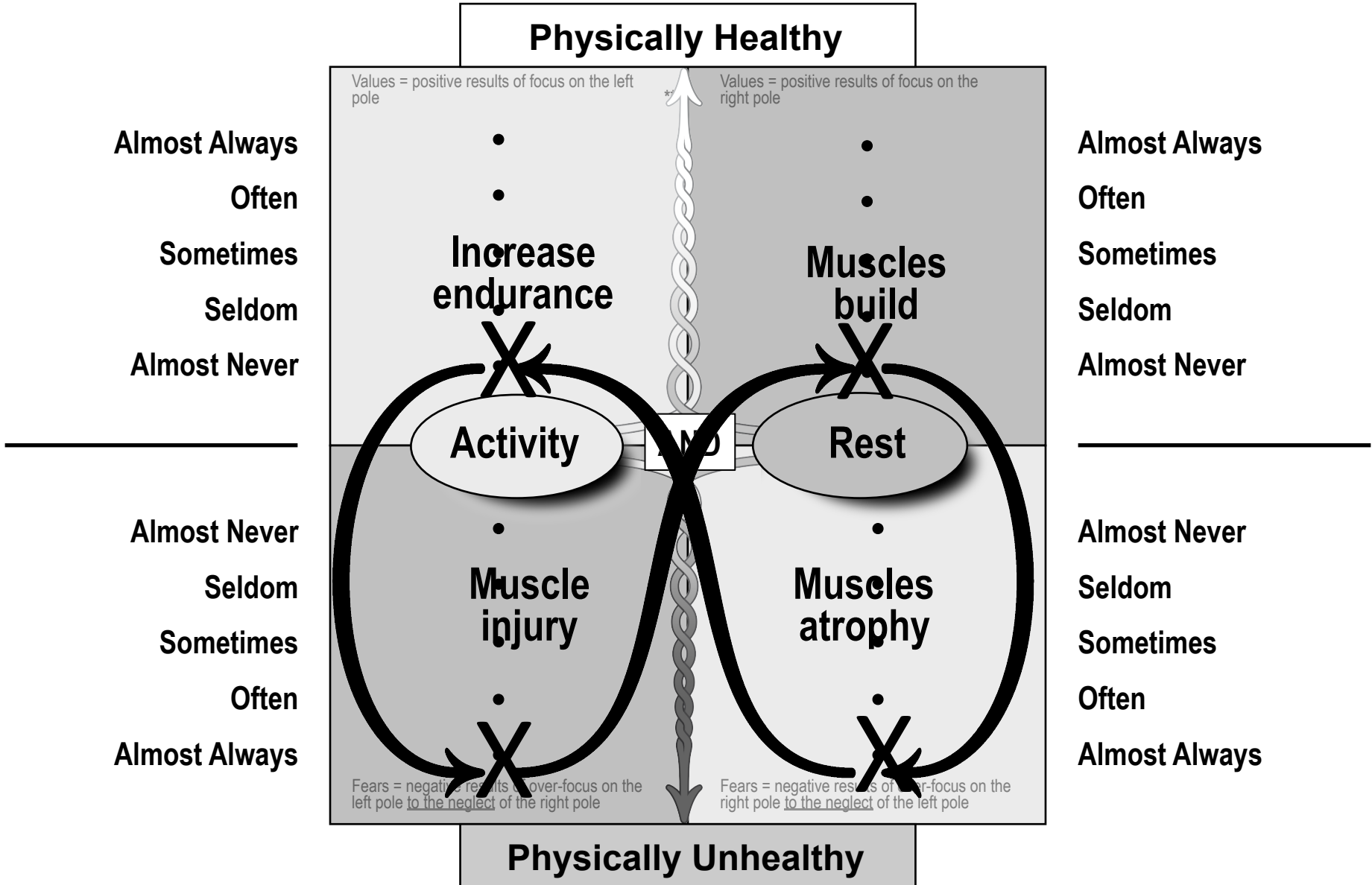
Almost Always

Physically Unhealthy

Assessing – Learning

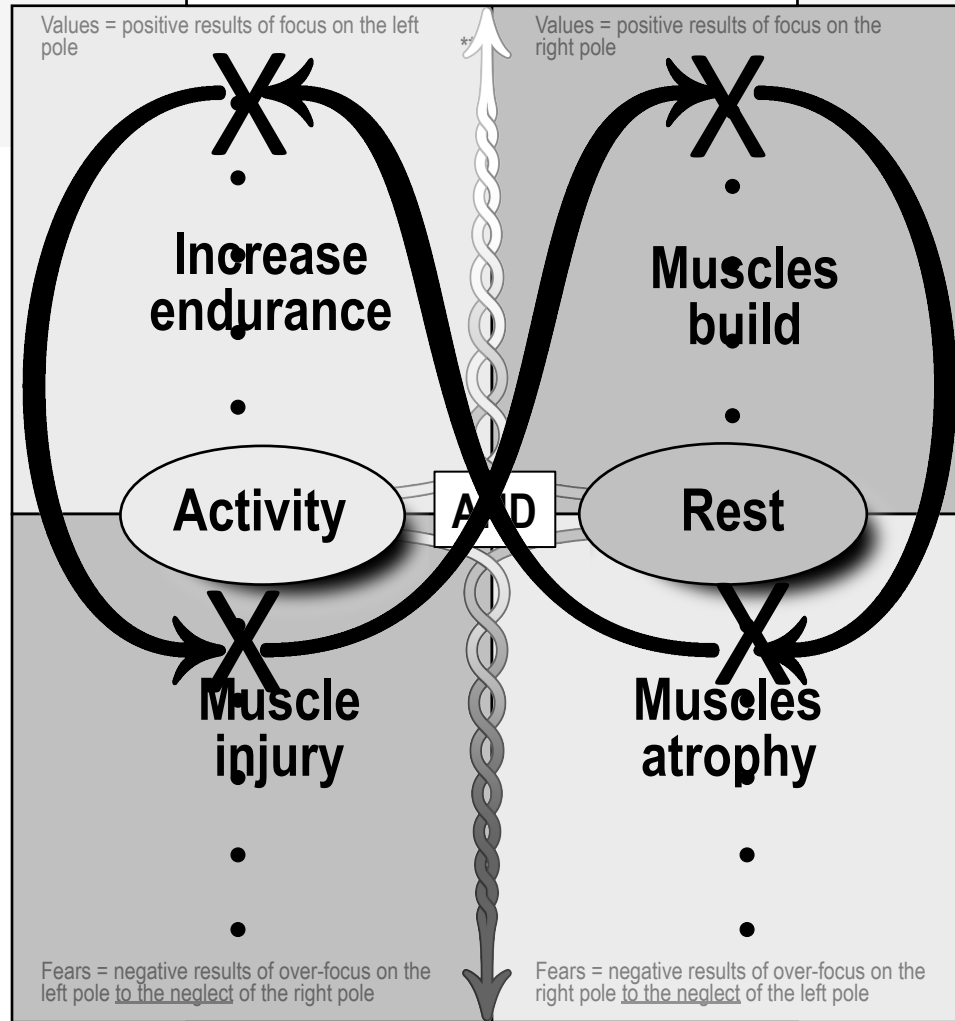


Assessing – Learning



Assessing – Learning

Physically Healthy



Almost Always

Often

Sometimes

Seldom

Almost Never

Almost Never

Seldom

Sometimes

Often

Almost Always

Almost Always

Often

Sometimes

Seldom

Almost Never

Almost Never

Seldom

Sometimes

Often

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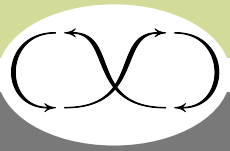
Physically Unhealthy

Values = positive results of focus on the left pole

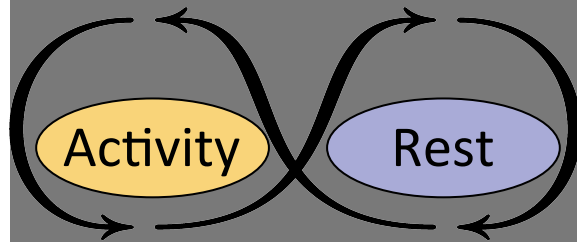
Values = positive results of focus on the right pole

Fears = negative results of over-focus on the left pole to the neglect of the right pole

Fears = negative results of over-focus on the right pole to the neglect of the left pole



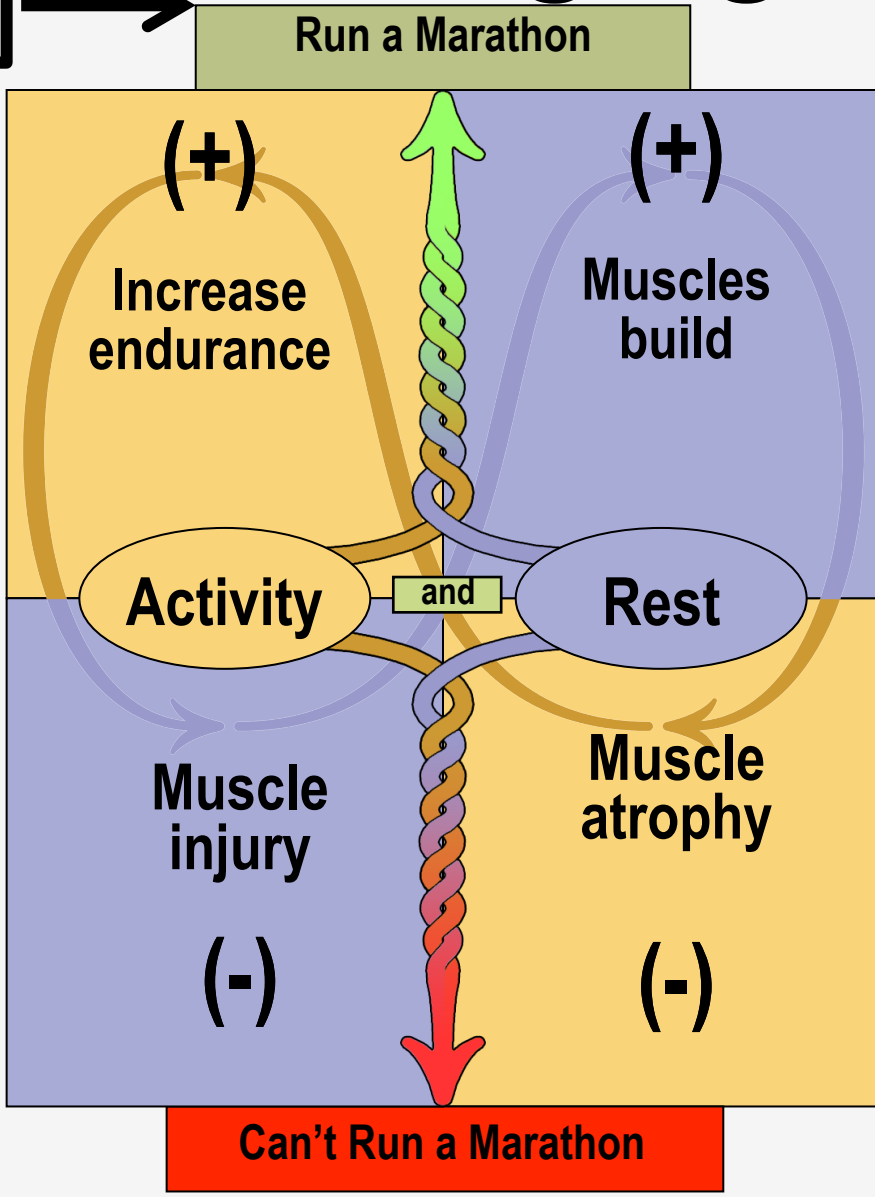
Training for a Marathon...



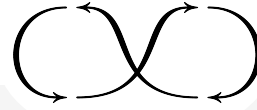
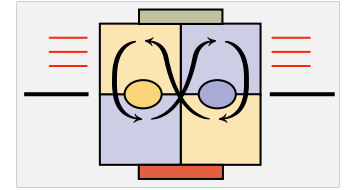
My sister, Lori, set a Greater Purpose to “Compete in, Finish, or Win a Marathon” which for her upped-the-ante’ in the need to fully leverage Activity and Rest (among other polarities). Lori is a cancer survivor and also lives with an incurable form of cancer. However, that doesn’t slow her down. She endeavors to live and do the things that bring her joy despite her diagnosis. Intentionally leveraging the benefits of Activity and Rest through Action Steps to empower both poles, help her improve her aerobic capacity and endurance through training (Activity) as well as recovery (Rest). Early Warning Signs help her anticipate the limitations of both poles. As a successful businesswoman with a demanding schedule on top of living with her diagnosis, modulating Action Steps and Early Warning Signs are key to managing her energy (see Action Steps and Early Warnings on the following Polarity Map™).

Leveraging

Greater Purpose



Leveraging



Action Steps

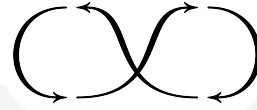
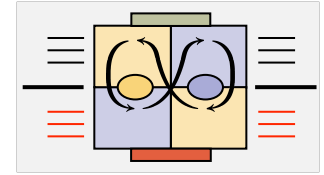
- What are you doing or will you do to get the upside of each pole?
- Can be doing them now or start doing them
- Have to be “Actionable” – Be willing to put a name, date and other specifics by it
- High Leverage Action Step = Can apply to both upsides

NOTE:

RULE for Actions Steps is that they should be “SMART”

Specific, **M**easurable, **A**ttainable, **R**esults oriented, **T**ime bound

Leveraging



Early Warnings

- How will you know early that you are getting into the downside of each pole?
- Must be measurable – something you can count. Begin with, “Increase in” or “Decrease in”
- Can be “Comments like, _____”

NOTE:

You cannot have the same Early Warning for both poles – you must be able to identify why you are in the downside of one pole as opposed to the other.

EXAMPLES:

Low Morale or High Turnover -- might appear as Early Warnings for both downsides

TIP: Try Adding “because”

Low Morale, because...

High Turnover, because...

Polarity® Map

Action Steps

How will we gain or maintain the positive results from focusing on this left pole?
What? Who? By When? Measures?

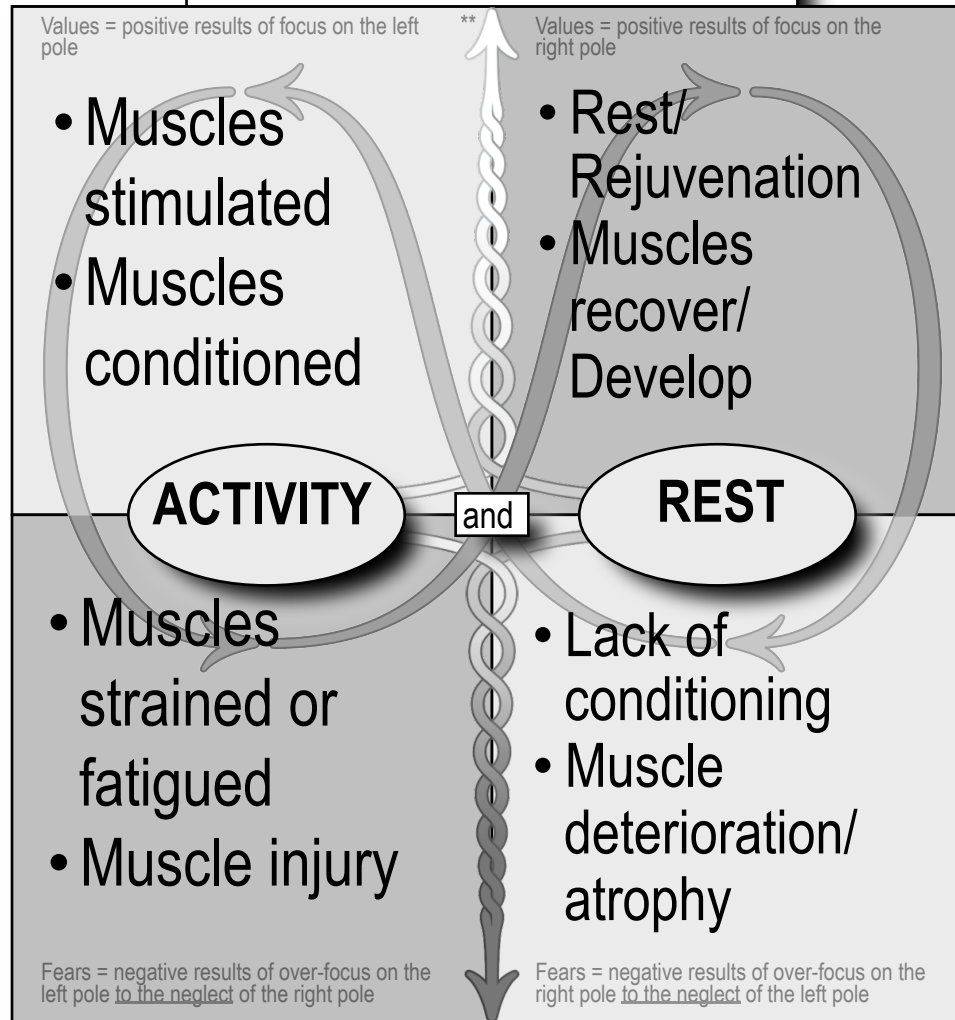
- A. Run every other day
- B. Increase distance by 1 mile every 2 weeks

Early Warnings***

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this left pole.

- A. Constant and/or increasing muscle pain
- B. Increase in spasms or sharp pains when training

Greater Purpose Statement (GPS) *- why leverage this polarity?
COMPETE IN, FINISH, or WIN MARATHON



UNABLE TO COMPETE, FINISH or WIN

Deeper Fear – Lack of GPS

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Action Steps

How will we gain or maintain the positive results from focusing on this right pole?
What? Who? By When? Measures?

- A. At least 7 hours of rest per night
- B. Take every other day off

Early Warnings

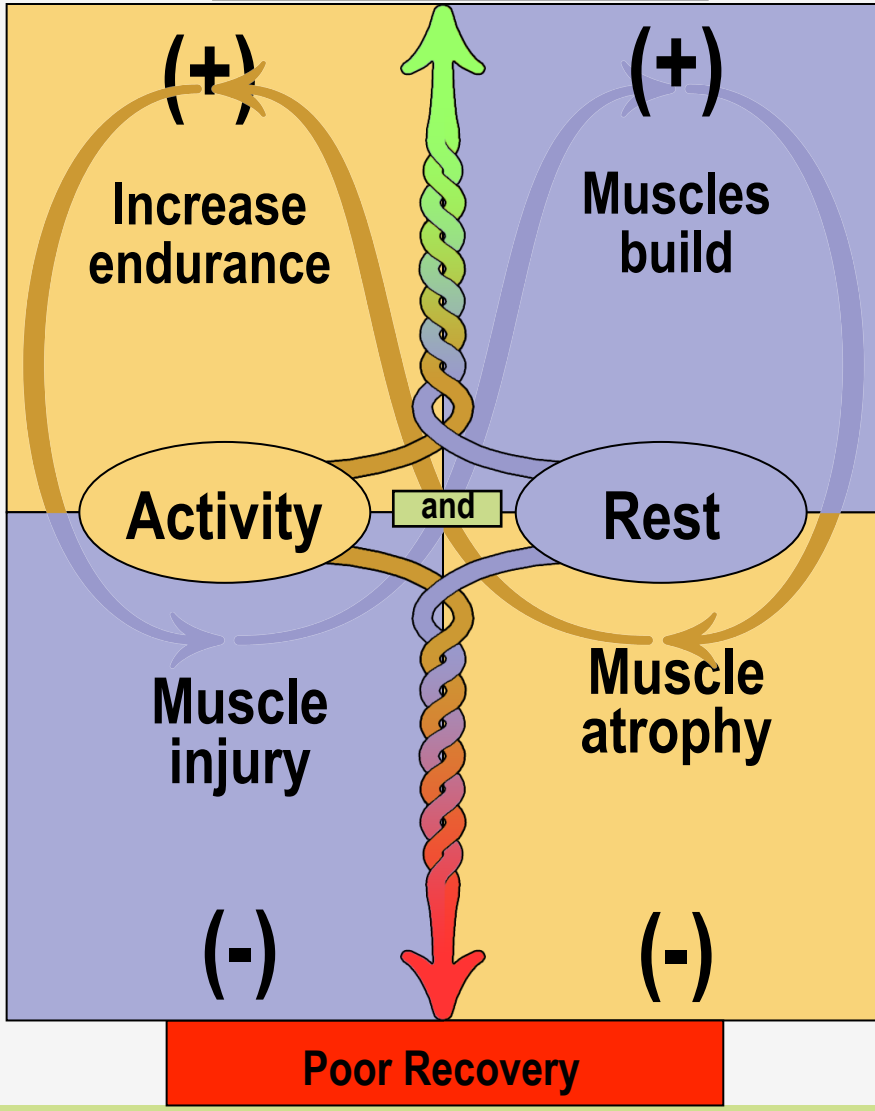
Measurable indicators (things you can count) that will let you know that you are getting into the downside of this right pole.

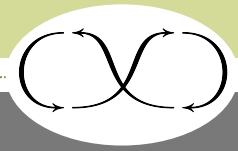
- A. Increase in canceling trainings due to other commitments
- B. Increase in difficulty maintaining mileage regimen on training schedule

Greater Purpose

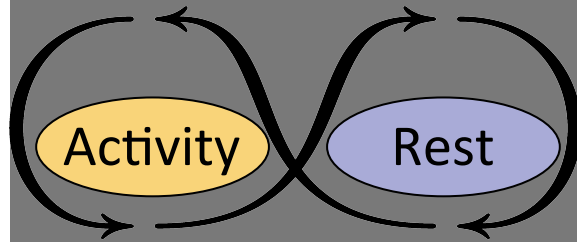


Recovery From Paralysis





Recovering from Surgery...



In 2008, a painful mass developed in her hip area requiring surgery and to determine whether her cancer had spread. The good news was, it wasn't cancer. The bad news was, the surgery damaged a femoral nerve and she woke up in recovery to discover she had no use of her left leg. Overnight, her Greater Purpose for the Activity and Rest polarity went from running a marathon in spite of other challenges, to recovering from paralysis. Little did she know at the time, learning to walk again would turn out to be a 16-month journey. The core elements of the Polarity Map™ -- the *benefits* and *limitations* -- of Activity and Rest didn't change. She still needed to stimulate/condition muscles and rest/rejuvenate. She still had to be cautious about trying to do too much and strain her muscles and risk injury. She still needed to be cautious not to rest too much and risk deteriorating her muscles. What shifted considerably to reflect her new reality were the Action Steps and Early Warnings. She developed a few "high-leverage" Action Steps (noted as "HL" in the Polarity Map™ below), which are single steps that support maximizing the benefits of both poles. She said those became significant factors in her recovery. One was "1 massage per week." The other to be vigilant about "Listen/follow Matt's instructions." (Matt was her physical therapist.)

Polarity® Map

Action Steps

How will we gain or maintain the positive results from focusing on this left pole?
What? Who? By When? Measures?

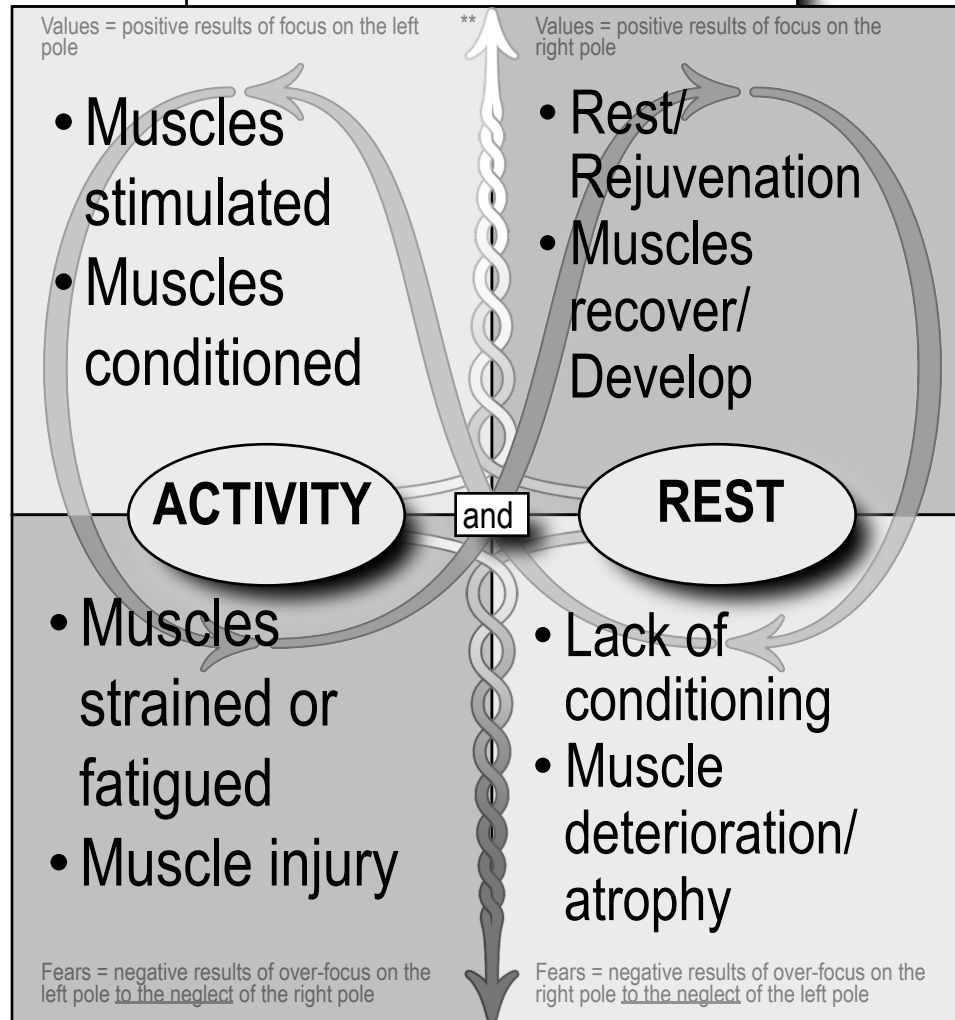
- A.1 massage per week (*HL)
- B.Listen/follow Matt's instructions (*HL)
- C.Attend physical therapy 2x per week
- D.Push myself as hard as I can in physical therapy sessions with Matt

Early Warnings***

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this left pole.

- A.Healing progress slowing or slower than should be due to overdoing it
- B.Experiencing spasms or sharp pains during therapy sessions

Greater Purpose Statement (GPS) *- why leverage this polarity?
SUCCESSFUL RECOVERY FROM SURGERY



SLOW or POOR RECOVERY FROM SURGERY

Deeper Fear – Lack of GPS

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Action Steps

How will we gain or maintain the positive results from focusing on this right pole?
What? Who? By When? Measures?

- A.1 massage per week (*HL)
- B.Listen/follow Matt's instructions (*HL)
- C.Rest 3 days between physical therapy sessions

Early Warnings

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this right pole.

- A.Healing progress slower than should be due to canceled P.T. appointments
- B.Range of motion is not progressing due to canceled therapy appointments

*HL= High Leverage

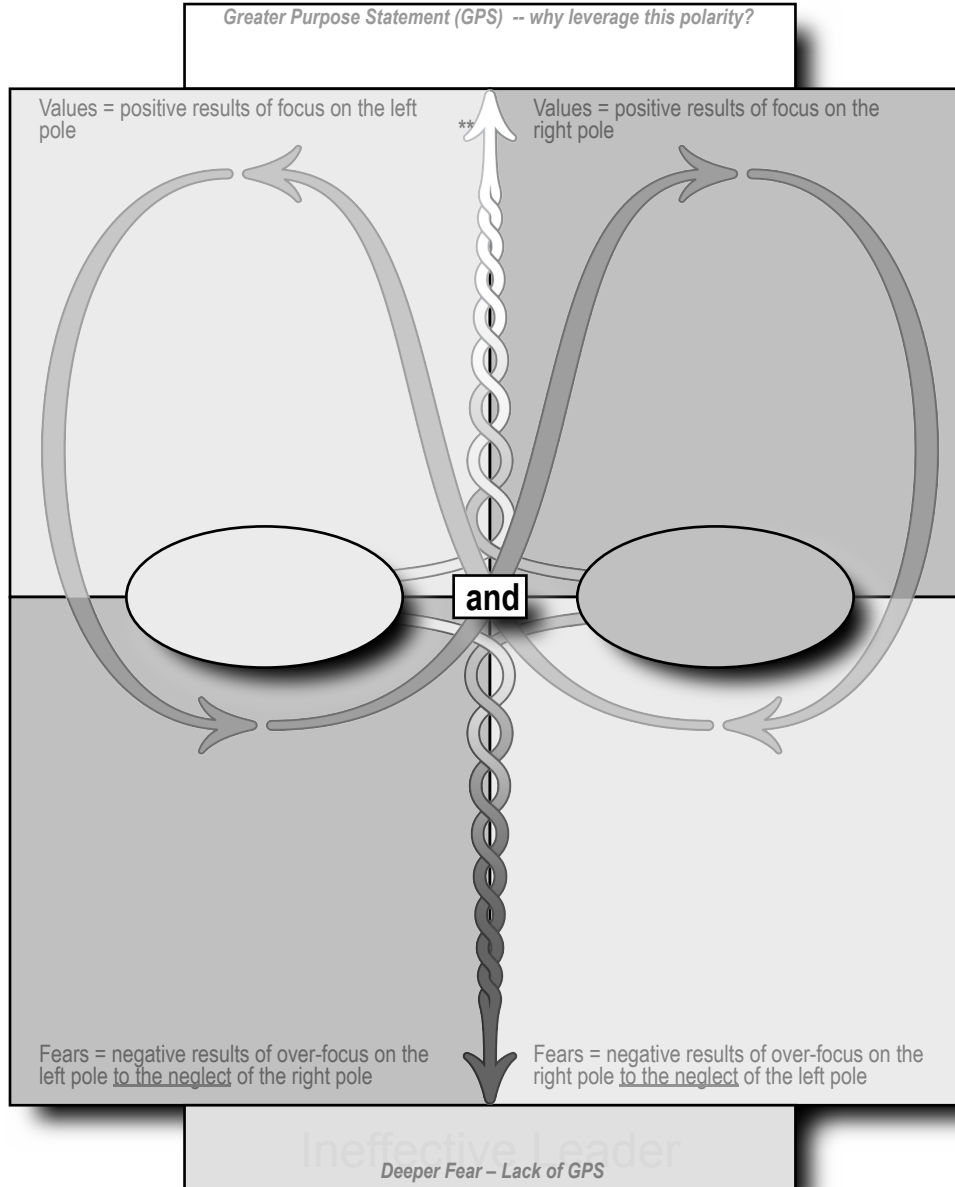
Polarity Map™

Action Steps

How will we gain or maintain the positive results from focusing on this left pole? What? Who? By When? Measures?

Action Steps

How will we gain or maintain the positive results from focusing on this right pole? What? Who? By When? Measures?



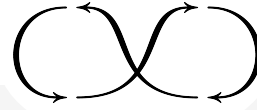
Early Warnings

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this left pole.

Early Warnings

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this right pole.

The 5-Step Process



The 5-Step process to leverage polarities integrates the Polarity Map™ and the Polarity Approach for Continuity and Transformation (PACT™)

- S Seeing
- M Mapping
- A Assessing
- L Learning
- L Leveraging

