

Article 172: The Oneness Of Contradictions, Part 6

If you have a longstanding problem with, say, responsibility ...but declare you do not have a conflict or contradiction with this, you are “wrong”! ...for all problems, in any form, clearly outpicture contradictions, ...therefore, the first thing to do to ease or lessen your constant struggle is to clearly determine what in your life responsibility is in conflict with, ...which is more than a question of being responsible or not responsible. Responsibility may conflict with dependability, judgment, loss of freedom, lack of self-worth, or many other aspects of your self and life. To recognize and understand the pattern of your struggle, you must clearly see the other side of the conflict.

The first entry below is **abandon/support**. The second word (support) is an antonym (opposite) for the first word (abandon) ...which may describe the conflict. Also, in a “causal” world, it is easy to understand that *abandonment* results in withdrawal of *support* ...or abandonment (causes) lack of support, for you cannot support what you abandon. Follow this pattern: that one form of the first word (abandon, abandonment, abandoner, abandoning) causes or results in one form of the second word (support, non-support, lack of support, feelings of not being supported, impossible to support).

If you believe, for instance, that your problem is **fear**, you are incorrect, for, despite what you might believe, fear is not a problem; ...understanding begins at knowing “fear of what” and becomes clear when “fear of what causes what” is known.

Typical Conflicts and Contradictions

abandon/support	calm/dramatic, agitated, vulnerable
accept/disapprove, disavow, deny, disown	carefree/responsible, unhappy
acceptable/insufficient, inadequate, avarice, insatiable	challenging/accepting, agree with, approve of
acceptance/rejection, disown, lack of forgiveness	cheerful/sad, sullen, joyless, grief
accuse/accept, forgive	comfort/distress, disinterested, security
adaptable/firm, stubborn	commitment/independence, freedom, autonomy, self-determination, release, self-sufficiency
affectionate/unfeeling, undemonstrative, uncaring	communicate/suppress, quiet, keep one's counsel
ambitious/indifferent, unaspiring, unconcerned	communicative/secretive, silent
anxious/certain, composed, assured	compassion/unconcern, indifferent, disdain
appreciation/pride, obligation, loss of freedom	compliant/loss of self
attentive/controlled, dependent, limited	composed/unsettled, impatient, restless
available/vulnerable, controlled, limited	confident/uncertain, apprehensive, distrusting
aware/unknowing	confrontive/accepting, harmonious, agreeable
blame/condone, tolerate, suffer	

confused/sure, assured, confident, certain
congenial/different, opposite, unpleasant
controlling/accepting, out-of-control
cooperate/loss of self, compromise,
oppose
criticize/approve, accept, condone,
sanction
curious/unconcerned, indifferent,
uncommitted
decisive/wavering, irresolute, hesitant,
faltering
dependable/controlled, vulnerable, unsure,
insecure
dependent/free, unrestrained,
uncommitted
desires/aversions, improper, sinful
destructive/beneficial, constructive,
creative
devious/open, honest, forthright, truthful,
exposed, vulnerable
devoted/dependent, free, uncaring,
indifferent
disapprove/condone, approve, endorse
discreet/imprudent, tactless, careless
doubtful/certain, assured, dogmatic
empowered/weakened, restrained,
disallowed
envy/reject, renounce for self, relinquish
exacting/careless, confined, flexible
exceptional/common, ordinary, average,
inappropriate
expectations/control, faithless
fair/self-indulgent, condone
faithful/loss of self, dependent, unreal
feminine/masculine, manly, controlled,
submissive
flexible/untrue, faithless, restricted, rigid,
stubborn
focused/scattered, free, independent
forgiving/condoning, heatless, unfair
free/confined, limited, dependent, not living
the self and life you truly desire
generous/selfish, self-seeking, possessive
gentle/unkind, intense, powerful
giving/possessive, getting, withholding,
selfish
grief/uncaring, happy
growing/stagnant, declining, not
expansive, regressing
happiness/unaware, selfish, sorrow
harmonious/discordant, opposing, different
honesty/vulnerability
imagination/truth, real
independent/commitment, controlled,
dependent, loss of self, servile,
attached, beholden

informal/ritual, controlled, structured
inquisitive/nosey, uninterested, self-
centered
intellect/feelings, shallow, unknowing,
spiritless
intimacy/vulnerable, controlled, dependent,
distant, impersonal, lack of
individuality
introvert/extrovert
jealousy/trusting
judgment/vulnerability, condoning, love,
controlled, accepting, listen, know
listen/condone, be receptive, not in control
loneliness/loss of individuality, uniting, join
love/judge, condone, approve
male, masculine/weak, effeminate,
subservient, unempowered
mature/child, free, inexperienced
monogamous/limited, controlled, faithful,
trust
neat/controlled, free, disorganized,
independent
nurturing/self-interest, individuality
obedient/controlled, limited, loss of
independence or self
obligations/independence, freedom, lack of
choice, limitations
observant/inattentive
openness/vulnerable, loss of control,
weakness, exposure, revealed,
judgments, limited, security
oppressed/free, independent, unburdened
organized/controlled, loss of freedom,
limited
outstanding/alone, vulnerable, common,
same
passionate/improper, accepting
patience/restless unempowered,
frustration, judgments
pessimism/optimism
polite/mannerly, controlled, limited
practical/free, unlimited, independent,
controlled, theoretical, without spirit,
unempowered, not creative
pretentious/modest, servile, plain, too
common or ordinary
profound/pretentious, superficial, unwise,
thoughtless, unspirited
punctual/limited, controlled, loss of
freedom and independence, uncaring,
spiritually enlightened
purposeful/loss of freedom and
independence, restricted, controlled,
wavering

quiet/lack of recognition or
acknowledgment, passionate, high-
spirited
real/impractical, idealistic, spiritual,
imaginary
reasonable/unspirited, nonsense, foolish
reasoning/unfeeling, unspirited, illogical,
biased, judgmental, unknowing
relaxed/uncaring, uninvolved, controlled,
uncomfortable
reliable/controlled, limited, lack of freedom,
uncertain
respectful/restrained, controlled, condone
responsibility/dependability, judgment, loss
of freedom, lack of self-worth
responsive/limited, self-concerned,
inspired, empowered
rich/not spiritual, uncaring
romantic/vulnerable, dependent, unloving
safe/lack of freedom, insecure, vulnerable,
uncomfortable
scheduled/lack of independence and
freedom, flexible, controlled
self-controlled/unrestrained, unsuppressed
self-motivated/God or life-motivated,
restrained, suppressed
self-pity/uncaring, unloving, unfeeling
self-sufficient/dependent, inadequate,
scant, unworthy

sensitive/vulnerable, exposed, insensitive,
not perceptive, self-centered
sensual/vulnerable, spiritual, unattractive,
unwanted
sharing/self-concerned, withholding,
concealing, suppressing
shy/vulnerable, bold, careless, reckless,
intrusive, invasive
silent/exposed, vulnerable, unaware
sociable/limited, loss of freedom,
withdrawn, reclusive, detached
spiritual/physical, bad, not right, not faithful
or obedient
strong/weak, out of control, vulnerable,
frail, powerless, submissive
supportive/limiting, fight against, approve
of or condone
talented/unable, powerless, helpless,
inadequate, unskilled, unqualified
thrifty/wasteful, imprudent, squander,
intemperate, unreasonable
trainable/controlled, loss of freedom and
independence
trusting/doubtful, suspicious, uncertain,
skeptical, undependable, unreliable,
disloyal, unfaithful
unique/common, ordinary, average
victim/free will, abuser, empowerment
vigorous/frail, weak, victimized
willing/God's will, uncertain, unwilling,
doubtful
zestful/apathetic, weary, tired

The life you have depends on you ...and you rely upon the life
you have, ...have you created wisely? ...and as you truly desire?

Whether your life is pleasing or displeasing, does not depend
as much upon your declared self and life and purpose as it does
upon the spirit with which it is lived. The humblest life may be
satisfying and joyous, while a noble life filled with praise and
achievement may be mean and truly unsatisfying.

*Are you creating and living
life as you truly desire?*

