

# MASCULINE

## HEALTHY

## WOUNDED

potent

impotent

Identity created from within

Identity sought from without

purposeful

no purpose / Distracted / led

Self-disciplined

Disciplined from without

Confident

Insecure

Energetic

Listless / lazy

takes initiative / innovative

Follows convention

Faces and pushes the edge / limits

Fears change + the unknown

Assertive

Passive Acceptance

Leader

Follower

Trustworthy / reliable

Untrustworthy / unreliable

Able to commit

Unable to commit

Focused

Spaced out

Hard / sharp

Soft / dull

Self-defined

Defined by others

Strong / solid

Weak / Flimsy

Centered

Blows with the wind

Powerful

Powerless

Courageous

Fearful / cowardly

Inwardly motivated

Pushed by external factors

Open Heart

shut down / closed heart

Remain / Face ongoing challenges of life

Run / Hide / Escape From life

Guard / protect those in need

Look only after self

Decisive

Indecisive

Loving / Generous / Kind

Selfish / miserly / cruel

Honest / straight forward

Dishonest / secretive

Listens to criticism

Runs away from criticism / defensive

Practices sacred sexuality

Profane sex / Getting self off

Lives in the eternal

Gets lost in the temporal

Gives 100%

Gives the minimum necessary

Present

Lost in media Fantasy