

## Negotiating The Extremes

Blissful – Distraught  
Admirable – Loathsome  
Beautiful – Ugly  
Wonderful – Awful  
Happy – Miserable  
Wealthy – Destitute  
Honest – Deceitful  
Intelligent – Obtuse  
Popular – Scorned  
Fit – Feeble  
Successful – Hopeless  
Inviting – Repulsive  
Creative – Destructive  
Joyful – Sorrowful  
Wise – Foolish  
Adorable – Detestable  
Rigorous – Sloppy  
Calm – Agitated  
Empathetic – Narcissistic  
Courageous – Cowardly  
Powerful – Impotent  
Tranquil – Angry  
Free – Bound  
Delightful – Obnoxious  
Knowledgeable – Ignorant  
Altruistic – Selfish

Life  
Is  
Managing  
The Swing  
Here and There  
Now and Then  
Across  
The Complicated and Volatile  
Middle Ground.