

YIN/YANG QUESTIONNAIRE

Oriental wisdom suggests that all matter is made of yang (masculine) and yin (feminine) qualities. People need to learn to balance their masculine and feminine characteristics because when these two opposing forces are not in harmony, discord results. In some circles, the *vital yang* approach has become politically incorrect and individuals may try to deny it within themselves. However, awareness of and ability to use both yin and yang qualities must be fostered to achieve full maturity.

Yin	Yang
Feminine Energy	Masculine Energy
Passive, responds	Active, initiates
Diffuse awareness	Focused concentration
Dark, wet, mysterious	Bright, dry, warm
Desire to merge, unite	Desire to penetrate and explore
Forms selective attachments	Incapable of commitment
Protects, nourishes, breeds	Fertilizes, creates
Restrains as it embraces	Explosive, daring, independent
Preserves beauty and integrity of others	Delighted with its own power, and is unaware of limitations
Pure form: nothing moves, lacks all initiative	Pure form: rapes and plunders everything in its path

Directions: To discover if your approach is primarily yin, yang, or both, mark the side of the chart that best describes the way you operate or view life. Mark both sides of the chart for any items in which either approach is comfortable for you. Total the number of items you mark in each column. Discuss ratings with your partner to enhance the validity of the scores and to increase awareness of changes you could make to better balance yin and yang qualities in yourself.

Yin Approach	Yang Approach
<input type="checkbox"/> Accepts differences.	<input type="checkbox"/> Judges superior and inferior, right and wrong
<input type="checkbox"/> Looks at all the angles.	<input type="checkbox"/> Focuses on relevant data
<input type="checkbox"/> Uses creative and diffuse thinking style.	<input type="checkbox"/> Uses direct and logical thinking style.
<input type="checkbox"/> Finds that logic balances and connects ideas.	<input type="checkbox"/> Uses logic as a tool to explain and convince.
<input type="checkbox"/> Relies on intuition.	<input type="checkbox"/> Relies on senses.
<input type="checkbox"/> Waits for decisions to come.	<input type="checkbox"/> Makes decisions and is decisive.
<input type="checkbox"/> Learns through observation and experience.	<input type="checkbox"/> Learns through exploration & taking things apart.
<input type="checkbox"/> Values process over product.	<input type="checkbox"/> Values success and production
<input type="checkbox"/> Seeks meaning.	<input type="checkbox"/> Seeks accomplishments.
<input type="checkbox"/> Values unseen accomplishments like touching a life.	<input type="checkbox"/> Values tangible accomplishments like production and promotions.
<input type="checkbox"/> Sees death as a part of life.	<input type="checkbox"/> Believes accomplishments survive one's death.
<input type="checkbox"/> Is people-oriented.	<input type="checkbox"/> Is task-oriented
<input type="checkbox"/> Puts others' needs first.	<input type="checkbox"/> Puts own needs first.
<input type="checkbox"/> Places relationships before goals.	<input type="checkbox"/> Places goals before relationships.
<input type="checkbox"/> Believes relationships bring new opportunities.	<input type="checkbox"/> Believes relationships require sacrifice.
<input type="checkbox"/> Experiences love as an energy flow.	<input type="checkbox"/> Experiences love as an exchange of gifts.
<input type="checkbox"/> Communicates to connect.	<input type="checkbox"/> Communicates to exchange ideas.
<input type="checkbox"/> Connects through sharing thoughts and feelings.	<input type="checkbox"/> Connects through sharing activities.

Yin Approach (continued)	Yang Approach
<ul style="list-style-type: none"> ___ Negotiates to appease. ___ Seeks consensus in groups. ___ Sees power as strength, flexibility, and self-control ___ Strives to change self. ___ Finds rank, order, and position unimportant. ___ Sees responsibility as the ability to respond. 	<ul style="list-style-type: none"> ___ Negotiates to win. ___ Seeks majority rule. ___ Sees power as command, control, and influence. ___ Tries to change others. ___ Respects rank, order and position. ___ Sees responsibility as accountability.
<p>Believes:</p> <ul style="list-style-type: none"> ___ Good leaders delegate power & facilitate others. ___ Healers facilitate the natural healing process. ___ Rules serve the needs of the individual and can be interpreted on a case-by-case basis. ___ Each person must discover what is right or moral for him or herself. ___ Time is “organic” and adjusts to individual needs and schedules. ___ Natural resources, plants and animals require attention and protection. ___ Science promotes understanding of and living in harmony with the universe. ___ Maturity is achieved by integrating Yin/yang energies. 	<p>Believes:</p> <ul style="list-style-type: none"> ___ Good leaders are a source of strength & authority. ___ Healers identify problems & prescribe remedies. ___ Rules serve the needs of society and should be followed to the letter of the law. ___ There are fixed standards of right and wrong towards which everyone should strive. ___ Time is “fixed” and personal schedules should be adjusted for punctuality. ___ Natural resources, plants and animals exist to serve human needs. ___ Science enables better control of the Universe. ___ Maturity is measured by successes, accomplishments and respect from others.
___ Total Yin Score	___ Total Yang Score

The “White Male System” and the “Female System” described in *Woman’s Reality* by Anne Schaef (Minnesota: Winston Press, 1981) were used in creating this chart.