

# 25 EXAMPLES OF DIALECTICS

Dialectics are two things that seem opposite - and are at the same time true.

## AND

1) I can be strong...	...yet vulnerable.
2) You can have fear...	...and courage at the same time.
3) You can feel like you can't go on...	...and still go on.
4) You can be intelligent...	...and lack self-awareness.
5) You can want to change...	...and be scared of changing.
6) You can be happy with yourself...	...and want to improve.
7) I'm doing the best I can...	...and I need to try harder.
8) I am capable...	...and I still need support sometimes.
9) You can enjoy finer things in life...	...while not taking things for granted.
10) I can love someone...	...and still hurt them.
11) You can love your partner...	...and still be unfaithful.
12) I can hate what someone did...	...and still love them.
13) I can be mad at you...	...and treat you with respect.
14) You can care about someone...	...and not want them in your life.
15) You can feel happy for someone...	...and envy them.
16) I can feel happy for someone...	...while sad for myself.
17) You can feel sorry for something...	...and not regret it.
18) I can acknowledge others' views...	...and still disagree with them.
19) You can accept someone...	...while disagreeing with them.
20) I can disagree with someone...	...and understand their perspective.
21) I want to be sober...	...and I want to get drunk/high.
22) You can experience cravings...	...and not drink/use.
23) You can have a bad childhood...	...and live a good life.
24) What happened wasn't okay...	...and I can accept it happened.
25) I didn't cause my problems...	...and I still need to solve them.