

Each circle contains a "dark" word and its opposite "light" (in order, but intertwined) word along with one extra letter.

Dark	Light	Extra Letter
COWARDLY	BRAVE	N
STUPID	SMART	E
ENEMY	ALLY	X
DESPAIR	HOPE	T
DESTROY	BUILD	O
HINDER	HELP	N
DANGEROUS	SAFE	E

The extra letters spell the message "NEXTONE". Taking the next letter past the extra letter spells "VANILLA". From the instructions that would indicate that it's dark counterpart is "CHOCOLATE"

