ANSWERS TO WS 2

# THE FOUR NOBLE TRUTHS

**EXERCISES**

1. Buddha said that the main source of suffering is "I-centeredness". Can you support Buddha's statement with a concrete example?

Individual responses, e.g.: "I was angry the other day, thought I was in the right, and yelled at the friend. He stopped talking to me and now I feel even worse. I couldn't have taken the anger so seriously and waited for it to pass."

2. Distinguish attachment, aversion, and confusion using examples from your own life.

| ATTACHMENT | AVERSION | CONFUSION |
|---|---|---|
| I desperately want the latest cell phone, but can't afford it. That's why I'm sad/suffering. | I don't want a cheap cell phone because otherwise my friends will think I'm uncool.<br><br>Because I was afraid that I would write a bad class paper, I didn't go to school today. Now I suffer because I'm afraid my parents will punish me for it. | I wanted to buy a new cell phone and didn't know which one to get. So I struggled and suffered with it for days. |

3. Create a comic strip, role-play, freeze-frame, or similar of a specific situation. Depict a first scene in which the cause of suffering is not recognized and a harmful action follows. And create a second scene in which the cause of suffering is prevented..

| SITUATION | 1. SCENE | 2. SCENE |
|---|---|---|
| In a bad mood | To snap at the little sibling | Take a breath and go for a jog |
| Being offended | Give the cold shoulder | Clarify the situation and understand each other again |