WORKSHEET 2

THE FOUR NOBLE TRUTHS

EXERCISES

1. Buddha said the main source of suffering is " ego-centeredness."

   Can you back up Buddha's statement with a concrete example?

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

ATTACHMENT	AVERSION	CONFUSION

3. Create a comic strip, role play, still image, 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