WORKSHEET 1

THE FOUR NOBLE TRUTHS

EXERCISES

Read the text in **Material 2** and discuss with your partner.

1. Find more examples of the three types of suffering.

THE SUFFERING OF SUFFERING	
THE SUFFERING OF CHANGE	
THE SUFFERING OF IGNORANCE	

2. Try to better understand the third type of suffering by asking the following questions.

- Have you had your own experience of the "suffering of ignorance"?
- Have you had your own experience of not having control over your feelings and thoughts?
- Have you ever felt the joy inherent in everyone, just like that, without an external cause?
- Draw a symbol for the inherent joy of everyone.