ANSWERS TO WS 3

# THE STORY WITH THE HAMMER

**EXERCISES**

Discuss as a group.

1. Relate the story of the man with the hammer to the Buddhist statements about the cause of suffering.

> Because of basic ignorance, one separates into I here and the world there. The man does not realize that his confused thoughts lead to disturbing feelings. Because of these disturbing feelings, he acts stupidly and still believes that he is right.

2. Analyze the successive disturbances.

- doubt
- insinuation based on the curt greeting
- unfounded suspicion
- justification
- projection of one's own behavior onto the other
- self-aggrandizement
- devaluation of the other
- dissociation
- emotionally charged resolution
- exaggerated action with coarse speech

3. Where is the solution? What are the different ways to end the chain of projections?

- at any moment it is possible to get out of this chain if you become aware of your thoughts and feelings (even at the very end, by apologizing)
- stop the overactive imagination in one’s head
- question the truth of one's own thoughts
- do not get carried away by your own feelings
- do not act on the basis of disturbing feelings
- act respectfully