ANSWERS TO WS 1

THE FIRST NOBLE TRUTH "THERE IS SUFFERING"

EXERCISES

Discuss in the group.

1. Review the three types of suffering for comprehensibility and share your own experiences with the three types of suffering.

   The pupils describe their own experiences. Everyone has already experienced something about the first and second type. The third type of suffering is taken up again with the third question.

2. In which areas of your life do you rely on changeable things?

   For example: your own health and physical strength, friends, parents, money, success, love, pleasant feelings, weather, safety, home, ...

3. Can you point out situations in your life when you became aware of the suffering of ignorance? How did it feel?

   Although you thought everything through, things turned out very differently because you didn't take all of the conditions into consideration. You do everything to be in a good mood, but somehow it doesn't work out.
   You want so much to help, but you can't find an appropriate solution.
   You feel like you are in a fog - insecure, frustrated, helpless, at the mercy of others.