ANSWERS TO WS 5

THE FOURTH NOBLE TRUTH: "THERE IS A WAY TO THE END OF SUFFERING"

EXERCISES

Role play on the "story with the hammer"

Imagine that the neighbor in question is a Buddhist and acts according to the above view.

With a partner, develop a role play in which one is the Buddhist neighbor and the other is the man who needs the hammer. Develop several possibilities for how the situation might proceed. Prepare a variation for the plenary.

1. In role-playing, clarify how view and behavior are related by depicting the thoughts behind the behavior (quietly talking aside).

   - I want to gain distance from the disturbing feelings and avoid negative consequences: I'm not yelling back now.
   - I take a beyond-personal attitude and am compassionate: I make him a cup of tea and ask him what's wrong.
   - There is potential in every situation. You just have to recognize the joy and power: I'll just shower it with my good feelings. "I'm glad you rang my bell. I finally get to meet you."

2. Invite the agitated neighbor to do a short meditation exercise to calm him down and explain the effects of meditation.

   The students refer back to the short meditation exercise at the beginning of the lesson and conclude that you can be an observer of your own thoughts and feelings. This distance allows one to calm down, reflect, and consider one's next course of action. One does not get carried away by disturbing feelings and promotes a compassionate attitude.