ANSWERS TO WS 1

# ACTION AND EXPERIENCE ARE INTERRELATED

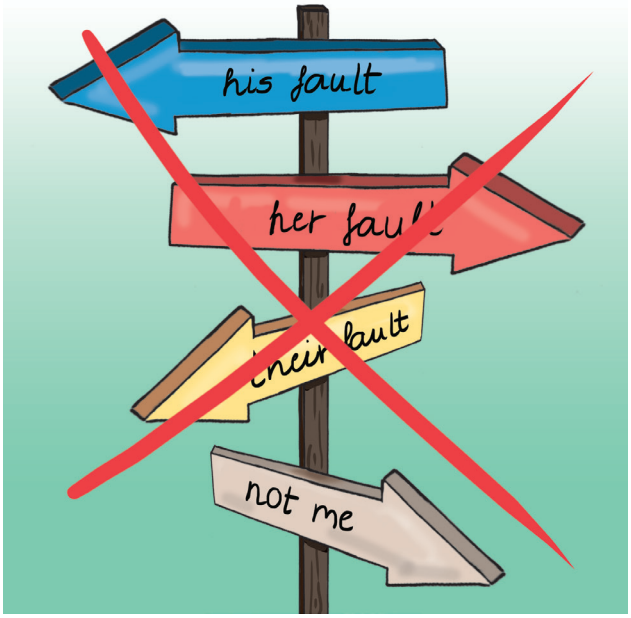
## A

**EXERCISES**

Discuss the following situations in your group and answer the questions. Imagine you are experiencing this yourself.

a. difficult people (classmates, teachers, neighbors, parents, ...)
b. prolonged illness
c. difficult learning with little success
d. unemployment

1. who is responsible?
2. who is "to blame"?
3. what room for maneuver does one have?




## B

**EXERCISES**

1. Share with your classmates in the group one example each of negative and positive impressions.

- Negative: e.g. someone lies and tells inconsistencies, the others do not trust him/her anymore and he/she gets more and more entangled and feels unloved. One becomes suspicious and does not believe the others either.
- Positive: e.g. one is honest, sticks to the truth even if it is uncomfortable. Thus one is perceived as reliable and authentic. One also gets confidence in one's own discernment.

2. Reflect on the Buddhist statements to see if you find them consistent.

- The students explain the connection between actions, attitudes and impressions in the mind.

3. Explain the difference between personal responsibility and blame.

- Personal responsibility means room for maneuver and leads to the freedom to choose.
- Assigning blame is superficially convenient, but it leads to excuses and increasingly restricts one's own room for maneuver.