WORKSHEET 2

FROM SELF-CENTERED EXPERIENCE TO LIBERATION

**WHEN I GET CARRIED AWAY WITH ANGER, JEALOUSY, ENVY, GREED, ETC.
AND RELATE EVERYTHING TO MYSELF ....**



Is this a desirable state?

EXERCISES

1. Look at the picture, put yourselves in the situation and exchange ideas.
2. Can you intellectually control your feelings? Give reasons for your answer.
3. Describe a situation that people experience differently or even in the opposite way.
4. Is it possible to control one's experience in such a way that one is happy all the time? Give reasons for the answer.
5. How do happy and depressed people experience the world?
6. Tell yourself about situations in which you made someone happy, at least temporarily. How did that feel?
7. What sometimes prevents you from doing something for others?
8. If possible, sit back for a minute without distraction, close your eyes and observe what happens in your own mind.

Conclusion: