ANSWERS TO WS 2

FROM SELF-CENTERED EXPERIENCE TO LIBERATION

EXERCISES

1. Look at the picture, put yourselves in the situation and exchange ideas.
The students describe and interpret their ego-related experience.

2. Can you intellectually control your feelings? Justify the answer.
Feelings can be controlled intellectually to a limited extent ("You pull yourself together."). To free oneself intellectually from disturbing feelings is difficult. One needs insight into the transience of disturbing feelings and then must change one's behavior.

3. Describe a situation, which is experienced by people emotionally different or even opposite.
E.g., fans of different soccer clubs; Axel is in love with Lea, Paul finds Lea bitchy and ugly. Likes and dislikes color the experience.

4. Is it possible to control one's experience in such a way that one is happy all the time? Justify the answer.
Similar to disturbing feelings, intellectual influence on pleasant feelings is limited. One cannot intellectually command, "I want to be balanced and joyful all the time now."

5. How do happy or depressed people experience the world?
Happy people find everyone and everything joyful or interesting. The power of this positive basic attitude "invalidates" difficult situations and disorders. Depressed people see only the difficult, scary, problems and cannot see possibilities and opportunities.

6. Tell yourself about situations in which you have made someone happy, at least temporarily. How did that feel?
It feels good. You feel happy yourself.

7. What sometimes prevents you from doing something for others?
Your own comfort, as well as passivity and self-centeredness, also a lack of courage or the lack of realization that doing something meaningful makes you happy, can be reasons for hindrance. Also uncertainty regarding the assessment of a situation, one meant well, but it came out badly.

8. Sit back for a minute, if possible without distraction, close your eyes and observe what happens in your own mind.
The mind swings back and forth between past and future as well as to other places (think of the untidy room, for example). Feelings about the thought develop, but they are not relevant in the present situation.

Conclusion:
When you are entangled in your own disturbing feelings, you cannot act freely. One is unhappy and limited. One thinks in circles, takes oneself too seriously and does not recognize the situation. One experiences as if through colored glasses.