# **Buddhist Psychology**

Guide to Difficulties

Awareness

Lack of Awareness

# **HEALING**

Values – Based Living Creating Meaning Acceptance (Letting Go) Gratitude **Management Efforts** Assertiveness /Proactivity Responsibility Logic / Rationality Normalization Expression

**Connection** (Community, Kindred Spirits) Love (Attention, Patience, Nurturance, Expressions of Support, Physical Touch) Kindness / Compassion (Self, Other) **Curious Investigation & Education** Mindfulness

Courage (Willingness to feel fear for a little longer)

## **CLEAN** SUFFERING

Impermanence (Loss, Illness, Death)

Individuality (Isolation, Different Needs / Perceptiveness, Conflict)

> Limitations (Questions of Freedom & Power)

Meaning / Meaninglessness (Questions of Purpose)

Denial (Rejecting Reality: Justification, Minimization, Invalidation) Passivity / Avoidance (Isolation, Retreat, Ignoring Needs) **Emotional Reactivity / Reasoning** Unevaluated Perceptions

- **Repetition of Unhelpful Past Attitudes & Behaviors**
- Aggression (Efforts to Control Self, Other, Life)
  - Judgment (Self, Other, Life)
  - Demandingness ("Should's", "Must's") Perfectionism

Obsessiveness / Fixation (Rumination about the Past / Worry about the Future)

#### Ingratitude

Attachment (Confusing Goals / Methods for the Values they Represent)

> DIRTY **SUFFERING**

### Definitions

#### Clean Suffering:

Unavoidable difficulties that are a natural part of the human condition.

### Dirty Suffering:

Escalated suffering we create through action or inaction; the solution is the problem.

### Healing:

Efforts we utilize that improve difficult times; the solution is the solution.