



Keeping It Clean

Clean and Dirty Suffering



Clean Suffering

Unavoidable difficulties that are inherent to the human condition



Clean Suffering

Impermanence

Individuality

Limitations

Meaning/Meaninglessness



Dirty Suffering

Strategies we employ, in response to clean suffering, which make a difficult time worse



Keeping it Clean: Clean & Dirty Suffering

Dirty suffering strategies

Denial

Healing strategies

- Courage to listen
- Mindfulness
- Pro-activity
 - Curious investigation and education



Keeping it Clean: Clean & Dirty Suffering

Dirty suffering strategies

- Passivity and avoidance (denial)
 - Hiding and isolation

Healing strategies

- Expression
- Connection
- Kindred spirits
- Normalization



Keeping it Clean: Clean & Dirty Suffering

Dirty suffering strategies

- Emotional reactivity

Healing strategies

- Mindfulness
- Compassion (for self then other)



Keeping it Clean: Clean & Dirty Suffering

Dirty suffering strategies

- Emotional reactivity
 - Unevaluated perceptions

Healing strategies

- Compassion (for self then other)
- Logic and rationality
- Pro-activity and assertive communication



Keeping it Clean: Clean & Dirty Suffering

Dirty suffering strategies

- Emotional reactivity and denial
 - Repetition of unhelpful past attitudes and behaviors

Healing strategies

- Mindfulness
- Curious investigation and education
- Responsibility
- Experimentation and evaluation (evaluation based on cause and effect not on one's own, or someone else's, worth)



Keeping it Clean: Clean & Dirty Suffering

Dirty suffering strategies

- Aggression

(Efforts to control self, other, life)

- Judgment
- Perfectionism
- Demandingness
 - *Should's and Must's*
- Obsessiveness/fixation
 - Rumination about the past
 - Worry about the future

Healing strategies

- Curious investigation
- Normalization



Keeping it Clean: Clean & Dirty Suffering

Dirty suffering strategies

- Aggression
 - (Efforts to control self, other, life)*
 - Judgment
 - Perfectionism
 - Obsessiveness/fixation
 - Rumination about the past
 - Worry about the future
 - Demandingness
 - *Should's and Must's*

Healing strategies

- Curious investigation and compassion
- Normalization
- Mindfulness/present-centered living
- Gratitude
- Love
- Acceptance



Keeping it Clean: Clean & Dirty Suffering

Acceptance is NOT...

- Defeat (giving on one's values)
- Putting oneself in a position to be abused or RE-abused

Acceptance is...

- Wisely identifying what we can and cannot control
- An acknowledgment of reality just as it is (what do the five senses detect, without judgment?)
- Redirecting our efforts to our locus of control



Keeping it Clean: Clean & Dirty Suffering

Dirty suffering strategies

- Attachment

Healing strategies

- Dis-identification and detachment
- Management efforts
- Values-based living

Buddhist Psychology

Guide to Difficulties

↑ 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*)

↑ Lack of Awareness ↓

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.



Keeping it Clean

Clean and dirty suffering

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