

PRIMARY SUFFERING

Basic Unpleasant sensations
MINDFULNESS HELPS ACCEPT



RESISTANCE

MINDFULNESS SOFTENS / DISSOLVES



SECONDARY SUFFERING

Mental, emotional & physical reactions
MINDFULNESS HELPS REDUCE / OVERCOME

BLOCKING	DROWNING
<ul style="list-style-type: none">• hardening against unpleasant sensations• restlessness• inability to 'stop'• feeling driven• addictions of all kinds, e.g.<ul style="list-style-type: none">- food- cigarettes- alcohol- recreational drugs- excessive talking- excessive working• emotionally brittle and edgy• anxiety• anger and irritability• denial• being 'in head', not body• overly controlling	<ul style="list-style-type: none">• feeling overwhelmed by unpleasant sensations• exhaustion• physical inactivity and loss of function, weakening of muscles etc• giving up• lack of interest - vagueness• being emotionally dull and passive• depression• self-pity and victim mentality• tendency to catastrophise and loss of perspective• dominated by physical experience• loss of initiative<ul style="list-style-type: none">○ withdrawal○ isolation