
WEEK 4

THOUGHTS CONTROL THE
PERCEPTION

THOUGHTS CONTROL THE
BEHAVIOR

IRRATIONAL THOUGHTS
REFER TO IDEAS AND
CONCEPTIONS

IRRATIONAL THOUGHTS
OFTEN START WITH:
„I SHOULDN'T, I HAVE TO,
I AM NOT ALLOWED TO ...”

THE MOST COMMON IRRATIONAL THOUGHTS

- The opinion that it is necessary for every adult to be loved or liked by almost every important caregiver.
 - The opinion that one can feel valuable only if one is competent, capable and efficient in every respect.
 - The idea that certain people are evil, bad, and depraved and should be severely punished and blamed.
 - The idea that it is terrible and disastrous if things are not as one would like them to be.
 - The idea that human suffering is caused by external circumstances and that people have little or no ability to influence their worries and psychological problems.
 - The belief that one must worry a great deal about real or imagined dangers and constantly ponder the possible occurrence of that event.
 - The opinion that it is easier to avoid difficulties and responsibilities than to face them.
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- The idea that you are dependent on others, that you need someone stronger to lean on.
- The idea that one's past determines present behavior and that something that once affected our lives must continue to do so.
- The tendency to be completely upset by other people's problems and behavioral difficulties.
- The idea that there is a necessarily correct, perfect solution to every human problem and that it is a disaster if this perfect solution is not found.

COPING STRATEGIES

RUMINATION

What could I have done differently? How will it all turn out?...

SOCIAL TIES

Distraction by friends, acquaintances, social media.

SEARCH FOR INFORMATION

What are the facts? What counts pro and con?

SEARCH FOR SUPPORT IN THE RELIGION

Trust and search for meaning and explanation in religion.

"IMMATURE" DEFENSE MECHANISMS

- Projection of one's own feelings or motives onto others.
 - Denial (e.g., not accepting an illness).
 - Displacement (taking out one's anger at the boss on the customer)
 - Avoidance (avoiding unpleasant situations)
 - Splitting (seeing the world in black and white)
 - Regression (returning to a stage of development that has been overcome)
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"MATURE" DEFENSE
MECHANISMS

- Altruism - helping others brings joy
 - Humor - dealing with pain through laughter
 - Sublimation - unacceptable impulses are transformed (into e.g. sports)
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How do you behave when you have a problem / experience difficulties or can't cope with a situation?

YOUR COPING STRATEGY

WHO KNOWS!

In a village in China, not quite small, but not big either, there lived a farmer - not poor, but not rich either, not very old, but not young anymore either, he had a horse. And because he was the only farmer in the village who had a horse, the people in the village said, "Oh, such a beautiful horse, is he lucky!" And the farmer replied, "Who knows?!"

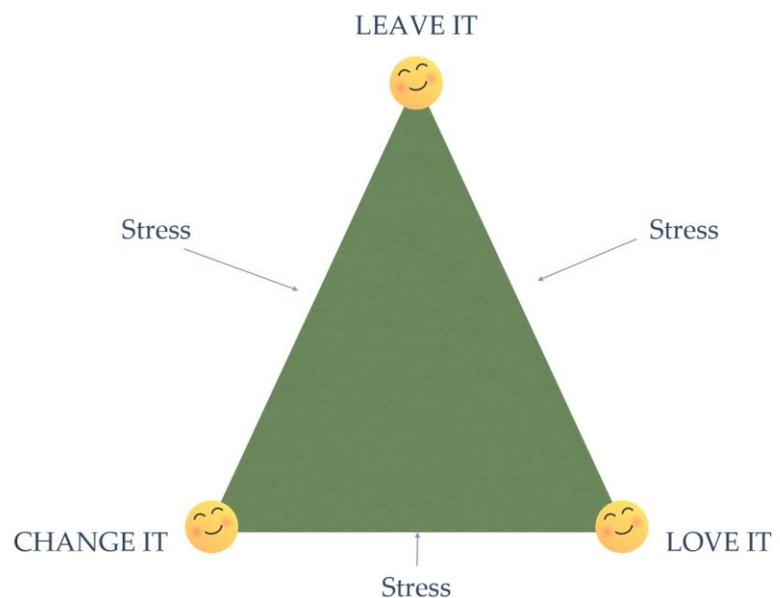
One day, an ordinary day, no one knows why, the farmer's horse broke out of its paddock and ran away. The farmer saw it galloping away, but he could not catch it. In the evening, the people of the village stood at the fence of the empty paddock, some grinning a bit gloatingly, and said, "Oh the poor farmer, now his only horse has run away. Now he has no horse, poor man!" The farmer probably heard this and just muttered, "Who knows?!"

A few days later, in the morning, in the farmer's paddock, the beautiful horse was seen chasing back and forth in play with a wild mare: she had followed him from the mountains. Great was the envy of the neighbors, who said, "Oh, how lucky he is, the farmer!" But the farmer only said, "Who knows?!" Then one fine day in summer, the farmer's only son got on the horse to ride it. Soon he was no longer alone, half the village was watching as he rode proudly on the

beautiful horse. "Aah, how good he has it!" But suddenly the horse spooked, reared up and the son, the only son of the farmer fell down and broke his leg, into many small pieces, up to his hip. And the neighbors cried out and said, "Oh, the poor farmer: his only son! I wonder if he'll ever walk right again? Such bad luck!" But the farmer only said, "Who knows?!"

Some time later, the whole village was startled out of sleep when, toward morning, a wild clatter ran through the streets. The soldiers of the ruler came riding into the village and took all the boys and men out of bed to take them to war. The farmer's son could not go with them. And many a man sat at home and said, "How lucky he is!" But the farmer just muttered, "Who knows?!" And the moral of the story""Who knows?!"

THREE OPTIONS



DEALING WITH DIFFICULTIES

AWARENESS

Mindfully dealing with a situation can include the following steps:

ACCEPTANCE

The present moment is inevitable!

EXPLORE

Saying YES. "Who knows!"

OBSERVING

Where and how does it show up in your body?

Not thinking about the cause, but simply finding out if the feeling is pleasant, unpleasant or neutral for you and where it is located.

Notice thoughts.

Name the feeling: Not "I am..." but "There is restlessness, tiredness in me" or "Something in me is restless ...".

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FIVE DISTURBING CHARACTER TRAITS

I FIND IT ANNOYING WHEN
PEOPLE ...

1.

2.

I HATE WHEN SHE/ HE ...

3.

4.

5.

DEALING WITH PRESENTS

WHAT PRESENTS DO YOU
ACCEPT?

Once the Buddha sat under a tree not far from an Indian village and meditated. In the morning he was in the village and had begged for his food. Since the people knew that the Buddha was a great wisdom teacher and would spend the afternoon not far from their village, many people decided to go to him. While he was in meditation, they kept quiet so as not to disturb him. When he finished meditating, they asked him to teach them. So the Buddha gave a lecture.

Among the audience was a young man who was supposed to be helping his father on the farm because it was harvest time. The young man had said he was just going to stop by and see the Buddha and would be back in an hour. But he was so impressed by the calmness that the Buddha radiated and so captivated by his teaching that he completely forgot the time. The father sent one of his other two sons to the Buddha to fetch his brother. But this son was also enthralled by the Buddha and stayed. Then the father sent his last son, telling him that all three of them should return immediately, but he too was so taken by the vividness of the Buddha's teaching that he forgot his mission.

One can imagine how angry the father was when he realized that this son also did not return, and full of anger he set off to see the Buddha. When he got there, he made his way through the crowd, walked straight up to the Buddha, and poured a veritable torrent of abuse on him. He accused him of being a good-for-nothing drifter who had nothing else in mind but to keep the youth from their duties. While respectable masters would urge young people to be obedient to their parents, the Buddha would only seduce the youth into loafing.

But as powerful as the angry father's torrent of words was, the Buddha only listened to him calmly, smiling kindly at him all the while. When the angry man had finally come to the end of his accusations, the Buddha asked him, "My friend, is that all?"

"Yes, that's all, or are you still not satisfied?"

"Let me ask you a question, my friend. Suppose a man comes to your house and brings you a gift. You accept it. Whose is it then?"

"Well, it's mine, of course!" the man replied, a little surprised, because he didn't understand the meaning of the question.

"Suppose this man comes to your house and brings you a gift, but you reject the gift. In that case, whose gift is it?"

Now this man was very irritated: "Well, to him, of course, I rejected it, but what is all this about?"

"Very simple my friend. You come to me and give me a gift: your anger. But I don't want it, I reject it. It still belongs to you."

„WARM UP“ FOR THIS WEEK’S
MEDITATION

THE GUESTHOUSE – BY RUMI

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they’re a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

ALTERNATE NOSTRIL BREATHING



Sit on a comfortable chair. Keep your back straight. Now close your eyes and bring attention to your breath and body.

Bring the thumb of your right hand towards the right nostril, and let the index finger and middle finger lightly touch the forehead. Then close the right nostril with the thumb and take a long breath in through the left nostril.

After inhaling through the left nostril: close the left nostril with the ring finger and hold the breath for a very short time. Now open your right nostril and exhale through it for a long time. When exhaling, the lungs should not be completely emptied.

Now take a long inhalation through the same nostril (right), still keeping the left nostril closed. Close the right nostril and hold the breath again for a short time, and then open your left nostril and exhale through it for a long time.

Try to make each breath a little quieter and a little deeper than the previous one.

Perform the entire breathing sequence (inhale through the right, exhale through the left, inhale through the left, exhale through the right) for at least 5 rounds.

HOMEWORK WEEK 4

EXERCISES

Choose 2-3 office yoga exercises and carry them out. Then sit down and practice alternate nostril breathing for 5 rounds followed by 3 rounds of coffee breathing (20 dynamic breaths each).

Finally, choose a meditation. The Accepting Difficulties meditation for this week is suitable if you have a "disturbing factor" in your life (physical pain or disturbing thoughts).

REFLEXIONS

- Observe your reaction to stressful situations throughout the week: what thoughts and feelings can you observe?
 - Consider if there are "gifts" that do not belong to you?
 - Say: "YES! - who knows..."
 - Keep the triangle in mind.
 - Remember the words: "Just like me sometimes".
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