

Reading Response 4

Choose one of the following questions to write your Reading Response #4.

1. Describe Buddhist views on the challenges of the physical world, i.e. material life, or physiological life. For example, Buddhism recognizes that life is transience in every aspect such as the unpredictable weather, boom-bust cycle of the economy, etc.
2. Describe Buddhist views on the challenges of human emotions and psychological dissatisfaction such as stress, anxiety, depression, etc.
3. Describe Buddhist views on physical and mental attachments.
4. Describe Buddhist views on craving and unrealistic expectations.
5. Describe Buddhist views on mental projection and manipulation.
6. Describe Buddhist views on mental “Rejection” or “Fighting or Flight.”
7. Describe Buddhist views on anger, rage, resentment, violence, and jealousy.
8. Describe Buddhist approaches on how to deal with physical and mental challenges such as illness (physical discomfort) or stress (mental suffering).
9. Describe Buddhist views on Right Understanding of life.
10. Describe Buddhist views on Right Intention.
11. Describe Buddhist view on Right Speech.

12. Describe Buddhist views on Right Action.
13. Describe Buddhist views on Right Livelihood.
14. Describe Buddhist view on Right Effort.
15. Describe Buddhist views on Right Concentration.
16. Describe Buddhist views on Right Mindfulness.