

# SORROW

## QUESTIONS

What is the entity that feels hurt? Who am I?

Is it possible not to be hurt?

How have our sorrows changed us?

Why do we always blame others for our pain?

If we see that we are the cause of our own sorrow, how would we change?

## IS OUR SORROW CAUSED BY OUR THINKING?

Our desires

Our images

Our expectations

Our self-interest

Our attachment to things, people, ideas

## IMPACT ON OUR HEALTH

Release of stress hormones

Suppression of our immune system

Shortens length of protein cap at end of DNA- called Telomere. Associated with reduced life-span

## CAUSES OF SORROW

Poor Health

Loss of a loved one

Loss of anything we value

Loneliness

When we are criticised

When we are ignored

Conflict in relationships

When our images are challenged

When our self-interest is challenged

## OUR RESPONSE TO SORROW

Withdraw. Become silent

Retaliate. Anger.

Become more self-absorbed

Blame the other person

Blame our circumstances

Escape through pleasure

Make us cynical about others

Seek comfort in other relationships

Suicidal thoughts

Seek comfort in religion

Become blind to the beauty of the world

Refuse to accept reality

Depression