

A FREE PRIVATE REFLECTION TOOL

The Eight Sufferings Reflection Map

Choose one pattern, not all eight. Use the categories as overlapping lenses for one situation - not as diagnostic boxes or a score.

☐ 01 Beginnings and becoming

BIRTH

What new role, identity, or beginning is asking more of me than I expected?

☐ 02 Change over time

AGING

Which former version of myself, another person, or a situation am I trying to keep unchanged?

☐ 03 Vulnerability and limits

ILLNESS

What limit is asking for adjustment, support, or qualified care rather than self-blame?

☐ 04 Endings and mortality

DEATH

What ending or loss cannot be undone, and what may need to be grieved rather than solved?

☐ 05 Separation from what we love

SEPARATION

What person, place, condition, or identity am I asking to remain permanently available?

☐ 06 Contact with what we resist

MEETING THE UNWANTED

What boundary, practical action, or request is available before I continue the inner argument?

☐ 07 Not getting what we want

FRUSTRATED DESIRE

Which desired outcome has quietly become a condition for believing I can be okay?

☐ 08 The instability of experience

CLINGING TO BODY AND MIND

Which changing feeling, perception, story, or state am I treating as a fixed definition of who I am?

Notes on the one pattern you selected

Write only what helps you see the situation more accurately.

SEPARATE THE EVENT FROM THE RESPONSE

Move from recognition to one proportionate step

You do not need to remove every difficult feeling. The aim is to distinguish what happened, what the mind is demanding, and what action is available without a guarantee.

01 What is the plain fact?

Describe what happened without predicting the future or judging your worth.

02 What am I adding?

Look for a demand for permanence, certainty, control, fairness, or a different past.

03 What is one wise next step?

Choose a small action that does not require a guarantee. Include qualified support when appropriate.

WHEN REFLECTION IS NOT ENOUGH If the situation involves immediate danger, abuse, severe distress, or a health concern, prioritize safety and qualified professional support.