Qualities Connected to Doubt

This list is collected from the students who participated in the Dharma Practice Day

**Physical Qualities**
- heavy
- confused
- foggy
- sluggish
- restless
- leaning forward
- fatigued
- ungrounded
- create comfort
- urge to move
- heat/pain
- tightness
- deflated
- anxious
- tense
- shallow breath
- agitated
- emptiness in gut
- contraction
- folding in on self
- uncomfortable in body
- enervating
- deflated
- nervous
- unsettled in chest
- hungry

**Cognitive Qualities/Beliefs**
- I’m not worthy of the dharma
- I’m not good enough
- I’m unworthy
- I’m flawed
- I’m incapable
- I should be able to figure this out myself
- It’s too hard
- I should be a monastic
- I’ll never be a nun
- I have to suffer
- I have to give up everything
- I’m going to lose who I am
- Who am I if I give up my personality?

**Emotions**
- aversion
- anger
- frustration
- disconnected/lonely
- fear
- insecure
- helpless
- anxious
- depressed
- frenetic
- nervous
- unsettled
- grief
- intimidated
- overwhelmed
- confused and foggy
- power
- uncertain
- wayward
- shiftless
- rudderless
- despair
- hesitant
**Motivations**
decrease of motivation
paralysis
try harder
make feeling go away
quit
become passive
get my way
apathy
embrace my victimhood
can’t start
find an easy way out
find an excuse not to do it
run
avoid
destroy and refute it
do something pleasurable

**Behavior**
not do it
doing something one regrets
avoidance
put things on hold
shut down
eat
decide too quickly because of discomfort
with uncertainty
paralysis
escape
short with people
indecisive
quit
run away
shyness
avoid things/people
watch TV
sleep
internet/email
withdraw
stop eating
collect facts
read
make lists
procrastinate
anger
gossip
avoid sitting
imaginary conversations

head outdoors
head for the light
turn to nature
listen to dharma talks or lectures
talk about it
see a therapist
study it
turn towards it