

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

What's the point?
Will it do any good?
I'm lazy
I can't
vacillation/uncertainty
I don't want to
I don't know the answer
This doesn't work
I'm not the type/not me
How can I figure it out?
I need help
It's a cult
It doesn't work
I should feel connected
I should be certain
There is a right way to be
I'm not ok
I'm not enough

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
do
want to figure it out
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