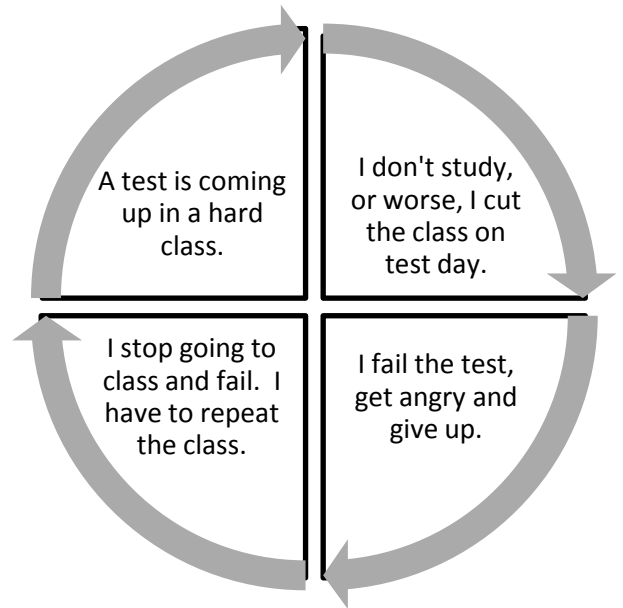


The Wheel of Suffering

Vicious Cycle. Downward Spiral. These are all phrases for wheels of suffering that we have trouble getting off of. For example, a person is stressed out or depressed by life; they use drugs to escape those feelings; then, when they come down, they have more stress, more problems, because they ignored their last problems; so they go back to drugs. Did the drugs start the problem, or did life? Where does the cycle end?

Think deeply about your own life. What's a bad situation you seem to get into often? It can be as simple as spending all your money, over-eating, losing a friend, or getting kicked out of class. Follow the cycle backward. What happens first to get the problem going? How do you act every time which makes it worse? Where does it end?



My Vicious Cycle

