

<p>1.</p> <p><b>SITUATION</b></p> <p>You live with others (family or friends). You come down in the morning and find some dirty plates, mugs etc next to the kitchen sink. How do you feel?</p>	<p>1.</p> <p><b>VIEW A</b></p> <p>You value cleanliness, tidiness, and think everyone should take responsibility for tidying after themselves.</p>	<p>1.</p> <p><b>VIEW B</b></p> <p>You value energy-efficiency, avoiding wastefulness, and hygiene. You think that it's more efficient to wash well the occasional sink full of dishes than have lots of half-hearted swills.</p>
<p>2.</p> <p><b>SITUATION</b></p> <p>You've just had a very distracted meditation, after several days or weeks of distracted meditations.</p>	<p>2.</p> <p><b>VIEW A</b></p> <p>You value efficiency and snappy results. If someone or something is meant to accomplish something, they should do it.</p>	<p>2.</p> <p><b>VIEW B</b></p> <p>You value an exploratory attitude to life. If something is worth starting, you think it's worth sticking with it and seeing where it takes you.</p>
<p>3.</p> <p><b>SITUATION</b></p> <p>You're with someone who causes themselves a lot of suffering because of delusional ways of thinking – paranoid feelings, feeling unloved etc.</p>	<p>3.</p> <p><b>VIEW A</b></p> <p>We're all responsible for our actions. If you're hurting, then do something about it, change yourself to stop the pattern.</p>	<p>3.</p> <p><b>VIEW B</b></p> <p>So much of our suffering is self-created, yet it is so hard to change the patterns that create it: we seem to have a slender degree of control over our thoughts, emotions and actions. So patience is very necessary.</p>

<p>4.</p> <p><b>SITUATION</b></p> <p>You go to visit your ageing parent, who pushes all the usual buttons to wind you up.</p>	<p>4.</p> <p><b>VIEW A</b></p> <p>People should be civil to me. If not, I won't waste my breath and time with them.</p>	<p>4.</p> <p><b>VIEW B</b></p> <p>Only death is certain; the time, place and manner are unknown.</p>
<p>5.</p> <p><b>SITUATION</b></p> <p>A couple of slates are blown off your house in the storms. Could be a perfect opportunity to get the insurance to pay for that greenhouse that fell down a while ago...</p>	<p>5.</p> <p><b>VIEW A</b></p> <p>It's every man and women for themselves in this world. If you don't help yourself, no one will.</p>	<p>5.</p> <p><b>VIEW B</b></p> <p>My integrity, honesty and skilful behaviour in general is very precious to me. Even if I get away with unskilful behaviour, I feel it affects me.</p>
<p>6.</p> <p><b>SITUATION</b></p> <p>Your partner has returned from work in a surly mood and doesn't want to talk about it.</p>	<p>6.</p> <p><b>VIEW A</b></p> <p>In a relationship, communication is everything; we should be able to talk over anything together.</p>	<p>6.</p> <p><b>VIEW B</b></p> <p>Sometimes in a relationship, people need some space.</p>

