



The Four Noble Truths Analogy Worksheet

- The Buddha is seen as a **wise doctor** whose analysis is objective and accurate.
- Buddhists believe that the Buddha's teaching is neither pessimistic nor optimistic but offers a **realistic appraisal of the human condition**.

Complete this table with your own real-life example of the process of the Four Noble Truths.

Analogy	Noble Truths	Real life example
1 – illness	the truth of suffering (dukkha)	
2 – diagnosis	the truth of the causes of suffering	
3 – this illness is curable	the truth of the cessation (or end) of suffering	
4 - treatment	the truth of the path leading to the cessation of suffering	