

Eight Types of Suffering

“ The Noble Truth of Suffering is this: **Birth** is suffering; **ageing** is suffering; **sickness** is suffering; **death** is suffering, sorrow and lamentation, pain, grief and despair are suffering; **association with the unpleasant** is suffering; **dissociation from the pleasant** is suffering; **not to get what one wants** is suffering. In brief **the five aggregates of attachment** are suffering.”

From the Sutta of Setting in Motion the Wheel of Truth (SN 56.11)

Six Types of Suffering

1. Lacking certainty
2. Lacking satisfaction
3. Having to discard one's body again and again
4. Being reborn again and again
5. Changing from high to low again and again
6. Lacking companions