



The Calculator

$$\text{Pain} + \text{Resistance} =$$

Suffering

The calculator
is a simple math equation,
anyone can do it.

If you **resist** your pain
your suffering will **increase**.

If you lesson your resistance to the pain, you will have
less of suffering.

Taking action to feel your pain, deal with the hard
emotions around it is a way to decrease your resistance.
Here at YoloCares we offer many opportunities to work
with your grief and the pain that surrounds it.