3 ASPECTS OF SUFFERING (DUKKHA)

1 Suffering of Suffering (Dukkha-dukkha)
Physical and mental suffering associated with birth, growing old, illness and dying.

2 Suffering of Change (Vipariṇāma-dukkha)
The anxiety or stress of trying to hold on to things that are constantly changing.

3 Pervasive Suffering (Saṃkhāra-dukkha)
A basic unsatisfactoriness pervading all forms of existence, because all forms of life are changing, impermanent and without any inner core or substance. On this level, the term indicates a lack of satisfaction, a sense that things never measure up to our expectations or standards.

8 TYPES OF SUFFERING

1 birth
2 sickness
3 old age
4 death
5 separating from / losing love ones
6 meeting what we dislike
7 not getting what we want
8 our own existence (5 Skandha)

5 SKANDHA / AGGREGATES
the five functions or aspects that constitute the sentient being.

1 form (matter)
   rūpa

2 sensation (feeling)
   vedanā

3 perception (conception, apperception*)
   saṃjñā

4 volition (mental formation)
   saṃskāra

5 consciousness
   vijñāna

Phyllis' NOTE:
apperception =
the mental process by which a person makes sense of an idea by assimilating it to the body of ideas he or she already possesses.

volition =
the power of choosing or determining