

Unsee the Elephant



Find all tricks people use to unsee the elephant in the room. We all have dislikes, desires and irritations, but manage to unsee them. What does it cost us?

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Many people are very experienced in not seeing, hearing, feeling, what they want to unsee, unhear or unfeel, even if it is as big and prominent in the room as an elephant. Discover all their and your tricks and habits like fulfill a desire for sweets, a cigarette or a look at your phone, pretend, it is a tiny mouse, not a big elephant, distract yourself with other sensations, substances or activities, focus your attention on things you want to see or tell yourself a story like "There cannot be an elephant in my living room, it is a table or a sofa!". Find as much tricks as possible. In case of preference-, desire- and suffering-elephants, these unseeing habits get you a little distraction. What do they cost you?