

Dependent Arising Example

Anger: Betrayal by someone close

→ *Contact*: A thought arises — you remember that a close friend told others something you shared with them in confidence

→ *Feeling tone*: Unpleasant — sharp, immediate; a contraction in the throat, a flash of heat in the face, something that feels like a blow

→ *Craving*: Wanting it undone — that they had never said it, that the trust had not been broken, that you were not exposed; beneath that, craving for the version of this person you thought you knew

→ *Clinging*: The mind seizes the betrayal and builds a case — gathering evidence, recalling other moments that now look different, constructing a verdict; the story hardens from *something painful happened* into *this is who they are* and *this is what I am to them*

→ *Becoming*: You are now the betrayed one — not someone who had a painful experience with a friend, but someone whose identity has reorganized around the wound; the anger feels like clarity, like finally seeing truly; the self that was wronged feels more real than almost anything else in this moment

→ *Awareness at contact*: Noticing the memory arise — the image of them, the scene — and feeling the sharp unpleasant tone before the mind has begun to build its case; not suppressing the pain, but catching it before it becomes a verdict, before *something happened* collapses into *this is who we are*

The reason betrayal works better than a meeting slight: it shows how craving operates at **two levels simultaneously** — craving for the situation to be different, and craving for the person to have been different. The second is deeper and harder to see. It's the craving for a world in which that version of them still exists. That double structure is where clinging gets its real grip, and where becoming solidifies fastest.

It also puts the *papañca* dimension on full display — the mind doesn't just replay the moment, it **retroactively reinterprets the entire relationship**, which is the proliferative faculty running at full power.