**“Becoming Layperson-like” Extra Credit Worksheet**

Optional; Up to 10 points

Due: Upload by Dec. 10 class time

We have looked (and will look) at many lay Jain restraints this quarter, including “basic restraints,” five vows, supportive practices, and violations, among others.

3 Steps for extra credit:

(1) Set an intention and reasoning to restrain yourself from *any* activity of your choosing for a *set duration* of time.

(2) Attempt your intention and restraint.

(3) Fill out the Extra Credit Worksheet below and upload a one-page, double-spaced reflection on your experience, and turn in by the last day of class.

For example, you might do any of the following for a duration of your choosing:

* give up a specific food or drink in order to reduce harm
* do not eat before sunrise or after sundown
* undertake a period of silence
* limit your travel distance or mode specifically
* remain silent
* limit purchasing
* give up negative thoughts about self and/or others
* restrain yourself from sexual activity in mind or body
* restrain yourself from movement by sitting/standing still
* restrain yourself from walking carelessly
* give up one-dimensional focus on self and tasks by turning attention outward to living beings you might not notice
* give up exaggerating or careless speech
* give up video games, Netflix, phone time, podcasts, or other technology
* restrain yourself from exposure to violent, angry, sorrowful, sexual, or other extreme media or conversations
* restrain a busy mind—especially desires and aversions—through focused, meditative attention
* give up overlooking other living beings by considering those that may have been voluntarily or involuntarily harmed in the course of day
* consider other restraint unique to you by which you might emulate a characteristic of a Jina in life, reduce karmic intake, activate right view, and/or allow the clean off the qualities of *jīva* (or your sense of its equivalent)

**Fill in the below Worksheet**

1. What specific activity did you decide to restrain and why do you consider this a worthwhile restraint for yourself? (3 pts)

2. How long do you want to restrain yourself for? (1 pt)

3. Give a one-page, double-spaced reflection on your experience. Upload by class time on the last day of class, December 10. (6 pts) The best responses will:

* consider to what extent you achieved your stated restraint and duration
* connect to 2-3 course terms
* assess the effect and/or value of the experience for your view, understanding, and/or conduct