Facilitator moves

THE MAIN MOVE

"What does that promise?" Help the speaker name what they hope to gain or avoid, then ask which good they most want.

Then ask: **"Who sees it differently?"**

When the room needs help

- **Silence.** Wait ten seconds. Return to the table: "What might the seller hope this price will give them?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Dismissing needs.** "What practical reason makes the money worth seeking?"
- **Reassuring the seller.** "Suppose the buyer still walks away. What remains worth wanting?"
- **Solving the sale.** "What priority would that reply express? Which result is starting to feel necessary?"
- **Personal pressure.** Thank them; offer a pause, the table case, or moving on. Do not probe.

PROTECT THE TIME

Open for 10 minutes; discuss until minute 55, including the reading at question 3. Apply until minute 80, omitting the reveal if needed. Close at minute 80 and finish at 90.

When asked for your view

Offer it briefly: "Here's my tentative view. What would make you doubt it?" Keep the question open.

Notes and follow-up

Fuller explanations, sample responses, and the readings are in the February expanded guide and Meeting Primer. Key texts: Epictetus, *Enchiridion* 2 and 4; *Discourses* 2.5.1–9. *On Stoic Living*, Weeks 5–8.

When Wanting Turns Into Needing

Can I want this without making living well depend on getting it?

Today we examine what a desired result promises and what remains worth wanting if it falls through.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Wisdom · Discipline of Desire

Before you begin

Silence your phone, set a quiet timer, and keep this guide open. Have the reading ready on a phone or printout, and a pen for your own notes.

Open (10 minutes)

Welcome. Challenge ideas, give reasons, and share the floor. Passing is always fine. The shared case gives everyone a starting point; no experience with the weekly lessons is needed.

THE SHARED CASE · READ IT ALOUD

You're selling a dining table online. One leg wobbles. A buyer asks whether anything is wrong with it. You want a good price, and a vague answer might help.

Ask the whole group: **"What might the seller hope this sale will give them?"** Read the shared case aloud before asking the opening question. Hear two or three initial interpretations without settling them, then carry them into the discussion.

Discuss

1. What does getting the sale seem to promise?

Probe: If you got the price, what would you expect it to settle?

2. When does a reasonable preference become a demand?

Probe: What would losing this sale seem to say about living well?

READ ALOUD · EPICTETUS, ENCHIRIDION 4

Read the passage aloud from the linked text or the QR code. Epictetus prepares to bathe while preserving a sound use of choice through whatever disturbances the visit brings.

Enchiridion 4

Introduce this passage during question 3, when the group considers pursuing an outcome with reserve. Read it aloud, identify the external purpose and the use of choice Epictetus wants to preserve, then return to the question.

3. What room does "if circumstances allow" leave in a serious intention?

Probe: How could you pursue the sale carefully while allowing for refusal?

4. Why want honesty if it might cost you the sale?

Probe: Would it still be worth wanting if the buyer thought poorly of you?

5. What would show that your priorities were changing?

Probe: Could you feel disappointed and still want to meet the situation well?

GOING DEEPER · IF THE ROOM IS READY

When does wanting to be honest become another way of wanting approval?

Application: test the priorities

Work through the steps aloud. Take two or three answers at each step.

1. **Notice.** What do I want or fear, and what does it promise? (A sale might promise useful income, approval, or relief.)
2. **Prefer.** I would prefer this result, if circumstances allow. Can I still live well if it goes differently?
3. **Re-aim.** Whatever happens, I want to practice this virtue most. Name it specifically; let character govern the goal.

IF TIME ALLOWS · THE REVEAL

The buyer says they may walk away if the table needs a repair.

Probe: What do you now most want? Could honesty remain worthwhile if the sale falls through?

Compare what the seller values when the sale seems likely and when refusal becomes possible. Naming honesty does not establish that it has become the governing desire.

Close

Return to the opening: **"Can I want this without making living well depend on getting it?"** Ask what became clearer or what question remains unsettled. Hear a few brief answers, including reasons for a changed view; passing is welcome.

UNTIL NEXT TIME

Notice one strong want and ask what getting it seems to promise.

Thank members, confirm the next meeting, and finish on time. Next month we turn to the Discipline of Action: **How can I make appropriate action a steady practice?**

After the meeting: send a short recap through your group's usual channel with one or two insights or open questions and the take-home invitation.