Facilitator moves

THE MAIN MOVE

"What are you most unwilling to choose?" Help the speaker compare the unwelcome cost with the misuse of choice that escape might involve.

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

When the room needs help

- **Silence.** Wait ten seconds. Ask, "What might the borrower hope never to hear?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Dismissing discomfort.** "What reasonable concern gives this cost its weight?"
- **Seeking the hardest test.** "What purpose would that difficulty serve?"
- **Accepting all blame.** "What responsibility is actually yours, given the facts?"
- **Personal regret.** Thank them; offer the shared case or passing. Do not press for details.

PROTECT THE TIME

Discuss from minute 10 to 60, including the reading at question 3. Apply until minute 80. Shorten follow-ups or omit 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 August expanded guide and Meeting Primer. Key texts: Epictetus, *Enchiridion* 2 and 48; Seneca, *On the Happy Life* 16. *On Stoic Living*, Weeks 31–34.

What Am I Trying Never to Face?

What am I treating as something that must never happen?

Today we examine what we want to avoid and why escaping a cost can give a poor choice too much authority.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Courage · 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 borrowed a friend's power drill and broke it. You want to avoid the repair cost and your friend's annoyance. Letting them assume it was already faulty seems an easy escape.

Ask the whole group: **"What is the borrower trying to escape, and what makes that escape attractive?"** 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 are you trying to prevent besides the repair bill?

Probe: If the bill disappeared, what would you still want to avoid?

2. When does a reasonable precaution become a demand for escape?

Probe: What are you beginning to make honesty depend on?

READ ALOUD · EPICTETUS, ENCHIRIDION 2

Read the passage aloud from the linked text or the QR code. Epictetus examines what desire and aversion promise, and directs aversion toward a poor use of our own choice.

Enchiridion 2

Introduce this passage during question 3, where it helps examine the issue already under discussion. Read it aloud and return to that question; avoid adding a separate preliminary round.

3. What would be worse to choose than facing this unwelcome cost?

Probe: Why would misleading a friend matter even if it worked?

4. What could make you more willing to bear the cost without seeking hardship?

Probe: What worthwhile priority is the wish for relief putting on hold?

5. What would show that your aversion was being re-aimed?

Probe: Could you still dread the response while becoming less willing to deceive?

GOING DEEPER · IF THE ROOM IS READY

How can wanting to avoid wrongdoing become a wish only to avoid being seen doing wrong?

Application: compare what to avoid

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

1. **Name.** What external cost do I want to avoid, and why? Acknowledge its practical importance.
2. **Compare.** What poor judgment or choice might I accept to escape it? Look for a real conflict; do not invent wrongdoing.
3. **Re-aim.** I would prefer to avoid this cost, but it would be worse to choose this wrong. Recall why character deserves greater concern.

IF TIME ALLOWS · THE REVEAL

Your friend says the drill had been sticking before you borrowed it and asks whether it was already broken.

Probe: What changes about responsibility for the fault? What would honesty still require you to value?

The object and priority of aversion matter. Continuing to dread the conversation can coexist with understanding why deception is worse to choose. No physical discomfort exercise or confession is needed.

Close

Return to the opening: **“What am I treating as something that must never happen?”** Ask what became clearer or what remains unsettled. Hear brief answers and reasons for a changed view; passing is welcome.

UNTIL NEXT TIME

Notice a wish to escape and ask what choice you are becoming willing to accept for it.

Thank members, confirm the next meeting, and finish on time. Next month we turn to the Discipline of Action: **How can I act well and remain steady when doing so is difficult?**

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.