Facilitator moves

THE MAIN MOVE

"What does this commitment ask of your whole life?" Ask what it requires, whom it affects, and whether the same standard can guide how it is kept.

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

When the room needs help

- **Silence.** Wait ten seconds. Ask, "What do we need to know before this yes?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Choosing everything.** "What would that require, and what would give way?"
- **Uneven standards.** "Would the same reason stand in front of everyone affected?"
- **Plans only.** "What is the next action, and when can you actually do it?"
- **Year-end pressure.** A first meeting is enough. Offer the shared case, a made-up occasion, or passing.

PROTECT THE TIME

Discuss from minute 10 to 55, including the reading at question 4. 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 December expanded guide and Meeting Primer. Key texts: Epictetus, *Discourses* 3.2.1–5; Marcus Aurelius, *Meditations* 4.24; Epictetus, *Enchiridion* 51. *On Stoic Living*, Weeks 48–50; Weeks 51–52 inform the closing reflection on living Stoicism.

A Life You Can Sustain

What deserves a lasting place in the way I live?

Today we consider the commitments we make and what a measured, consistent life asks us to carry through.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Temperance · Discipline of Action

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

A colleague asks you to join a working group that meets on Tuesday evenings. You are good at the work, you like being asked, and you have already said yes to two things this month. It's only one night a week, but this will interfere with your nightly ritual of reading to your youngest before bed. "Yes" is forming before you have weighed any of it.

Ask the whole group: **"What deserves consideration before this yes becomes a commitment?"** 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 assuming about what this commitment requires?

Probe: What would you need to learn before giving an informed answer?

2. What do you want from being asked, and what should govern your answer?

Probe: What would remain worth choosing if the colleague gave no approval?

3. What does one ethical standard require across these responsibilities?

Probe: Who is absent from the conversation but affected by your yes?

READ ALOUD · EPICTETUS, DISCOURSES 3.2.1–5

Read the passage aloud from the linked text or the QR code. Epictetus distinguishes training in desire and aversion, appropriate conduct, and assent, each serving a good use of choice.

Discourses 3.2

Introduce this passage during question 4, where it helps examine the issue already under discussion. Read it aloud and return to that question; avoid adding a separate preliminary round.

4. What response could you carry through with the capacity you actually have?

Probe: What would completing the reduced contribution involve?

5. What does temperance ask of us when we live Stoicism as a way of life?

Probe: What have you taken on that you couldn't sustain, and what has lasted?

GOING DEEPER · IF THE ROOM IS READY

Where have judging, wanting, and acting come together in how you live?

Application: examine, aim, and carry out

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

1. **Examine.** What am I accepting, and what grounds support it? Find out what the undertaking requires and what it would displace.
2. **Aim.** What am I trying to secure, and what virtue should govern it? Apply the same standard to the colleague and the people affected at home.
3. **Carry out.** What fits now, and how will I perform and follow through? Commit with reserve, decline, or reduce; do what you keep.

IF TIME ALLOWS · THE REVEAL

The colleague says you could review the draft report without attending the meetings.

Probe: What changes about the undertaking? What must you still establish before offering that smaller contribution?

Keep temperance in action central: reasons, priorities, and conduct should agree across commitments. Preserve the broader Q5 inquiry without cues, recurring practice occasions, or review-point planning.

Close

Return to the opening: **"What deserves a lasting place in the way I live?"** Ask what became clearer or what remains unsettled. Hear brief answers and reasons for a changed view; passing is welcome.

UNTIL NEXT TIME

Before your next yes, ask the three questions.

Thank members, confirm the next meeting, and finish on time. Carry the same care into the commitments you make and the people whose claims they affect.

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.