Facilitator moves

THE MAIN MOVE

"How would you know?" When someone says "everyone thinks…", ask what they actually know.

Then ask: **"And if they did think it?"**

When the room needs help

- **Silence.** Wait ten seconds. Ask, "What's a choice you've made for show?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **"I don't care what people think."** "Never? What about people you respect?"
- **Oversharing.** Thank them; return to the shared case.
- **Cynicism.** "Is all concern for reputation vanity?"
- **Giving advice.** "What has helped you?"

PROTECT THE TIME

Give each question about eight minutes and start the practice by minute 65. If time is short, skip the reveal. Begin the close by 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

Key texts: Epictetus, *Enchiridion* 13 and 22; Marcus Aurelius, *Meditations* 12.4.

What Others Think

Why do we care so much about opinions we don't respect?

Today asks how much other people's opinions should matter, through two short passages from Epictetus and Marcus Aurelius.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Wanting Wisely

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, and a made-up example works as well as a personal one. If the group met last month, invite one brief report on the practice.

Ask the whole group: **"Whose opinion of you matters most, and why?"** Hear three or four brief answers.

Read (10 minutes)

READ ALOUD · EPICTETUS, ENCHIRIDION 13; MARCUS AURELIUS, MEDITATIONS 12.4

Read the passage aloud from the linked text or the QR code. If you want to improve, be content to seem foolish. Marcus (*Meditations* 12.4): we love ourselves more than anyone, yet value others' opinions of us above our own.

Enchiridion 13

Ask: **"Is Marcus right about you?"** Then move to the discussion.

Open · 10 min	Read · 10 min	**Discuss · 45 min**	Practice · 15 min	Close · 10 min
Welcome; whose opinion	Aloud, together	Questions 1–5	A choice made for show	One takeaway each

Discuss

1. Marcus says we value others' opinions above our own. Is that true for you?

Probe: Where do you see it most?

2. When is reputation worth caring about, and when isn't it?

Probe: What makes a reputation deserved?

3. What would you do differently if no one would ever know?

Probe: What does that tell you?

4. Epictetus says to be content to seem foolish. Where might that help you now?

Probe: What would you risk?

5. How can you tell a fair criticism from mere opinion?

Probe: Whose judgment would you trust?

GOING DEEPER · IF THE ROOM IS READY

Is wanting a good reputation ever a sign of good character, rather than vanity?

Practice: a choice made for show

Start with this case, or use a volunteer's example if one is ready. You're choosing what to wear to a reunion, and realize you've changed three times thinking about one old classmate.

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

1. **Notice.** Is this choice for me, or for how I'll look?
2. **Ask.** What would I choose if no one would ever know?
3. **Choose.** What does the situation actually call for?

IF TIME ALLOWS · THE REVEAL

You hear the classmate isn't coming.

Probe: Does your choice change? What does that tell you?

Reputation deserves some care; it never deserves your character.

Close

Return to the opening: **"Why do we care so much about opinions we don't respect?"** Take one or two answers. Invite each person to choose one occasion to try the practice; anyone may pass.

UNTIL NEXT TIME · REPUTATION AS AN INDIFFERENT

Once a day, notice a choice made for appearances, and ask what you'd choose if no one saw.

Thank members, confirm the next meeting, and finish on time. Announce the next meeting's topic and its opening question.

After the meeting: send a short recap through your group's usual channel with one or two observations and the practice.