Facilitator moves

THE MAIN MOVE

"Is that in your control?" Bring back *What's in My Control?*: are the things you want most up to you?

Then ask: **"What would make it good for you?"**

When the room needs help

- **Silence.** Wait ten seconds. Ask, "What would you want from that job, and why?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **"This ignores suffering."** "The Stoics preferred health too. The claim is about what makes a life good."
- **Getting abstract.** "Can you give an example from this week?"
- **Moralizing.** "Money isn't bad either. What makes the difference?"
- **First-timers at Q5.** "What idea from today might you use?"

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

Fuller explanations, sample responses, and the readings are in this meeting's expanded guide and Meeting Primer. Key texts: Plato, *Euthydemus* 278e–282e; Epictetus, *Discourses* 2.5; Diogenes Laertius 7.101–105.

What's Actually Good?

If money, health, and reputation aren't the goal, what is?

Today asks what is actually good, starting from an argument of Socrates that the Stoics built on. It also looks back on the first six meetings.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Everyday Problems

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: **"Name three things you want most. Why do you want them?"** Hear three or four; there are no wrong answers.

Read (10 minutes)

READ ALOUD · PLATO, EUTHYDEMUS 278E–282E

Read the passage aloud from the linked text or the QR code. Socrates argues that wealth, health, and beauty benefit us only when they are used wisely; in foolish hands they do harm. So wisdom is what makes anything good.

Euthydemus

Allow one quiet minute. Ask: **"Do the three things you named pass Socrates' test?"** Then move to the discussion.

Open · 10 min	Read · 10 min	**Discuss · 45 min**	Practice · 15 min	Close · 10 min
Welcome; what you want most	Key passages aloud	Questions 1–5	Try it on a real choice	One takeaway each

Discuss

1. Can wealth or health ever harm someone? How?

Probe: What made the difference: the thing, or how it was used?

2. Socrates says wisdom makes other things useful. Do you agree?

Probe: Can you think of an advantage that did harm in unwise hands?

3. Why call money and health "preferred indifferents"?

Probe: What does "preferred" keep that "indifferent" might seem to lose?

4. If wisdom is the real good, what would you do differently?

Probe: What choice would you make for a different reason?

5. What's one idea from our meetings you've actually used?

Probe: What happened when you used it?

GOING DEEPER · IF THE ROOM IS READY

Could a wise person be happy while poor or seriously ill? What would the Stoics say, and do you agree?

Practice: the wise-person test

Start with this case, or use a volunteer's example if one is ready. You're offered a job with much better pay. It means longer hours and frequent travel, and you'd see less of the people you care about.

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

1. **Want.** What do I want here, and why?
2. **Ask.** What would a wise person do, and why? Picture someone you consider wise.
3. **Let go.** What would I have to let go of?

IF TIME ALLOWS · THE REVEAL

The offer also comes with a title you've wanted for years.

Probe: Does the title change what a wise person would do? Why or why not?

Money and health are worth choosing. The question is what makes a life good.

Close

Return to the opening: **"If money, health, and reputation aren't the goal, what is?"** Take one or two answers. Invite each person to choose one occasion to try the practice; anyone may pass.

UNTIL NEXT TIME · THE WISE-PERSON TEST

Before a decision, ask: "What would a wise person do here?"

Thank members, confirm the next meeting, and finish on time. Next time: A Deeper Introduction. **What did the Stoics actually believe, and why?**

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