## Facilitator moves

**THE MAIN MOVE**

**"How would you know?"** When someone says something is out of their control, ask how they would tell.

Then ask: **"What part still belongs to you?"**

### When the room needs help

- **Silence.** Wait ten seconds. Ask, "Which part of the interview worry is yours?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **"So nothing matters."** "Outcomes can deserve care. What is yours to bring to them?"
- **Free will debate.** "Let's stay practical: in this example, what is your judgment?"
- **Giving advice.** "What did you find was yours when you faced something like it?"
- **A serious worry.** Acknowledge it; offer the shared case instead.

**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: Epictetus, *Enchiridion* 1 and 8; *Discourses* 1.1 and 2.5.

# What's in My Control?

Why do we spend so much energy on things we can't change?

Today takes up the idea Epictetus put first in his handbook: some things are up to us and some are not. The aim is to find what belongs to your own choice, not to stop caring about the rest.

**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: **"What's one worry that took up too much room in your week?"** Hear three or four brief answers; keep them for the discussion.

## Read (10 minutes)

**READ ALOUD · EPICTETUS, ENCHIRIDION 1**

Read the passage aloud from the linked text or the QR code. Some things are up to us: our judgments, impulses, desires, and aversions. Others aren't: our bodies, property, reputation, and position.

Enchiridion 1

Allow one quiet minute. Ask: **"Which item on either list surprised you?"** Then move to the discussion.

| Open · 10 min | Read · 10 min | **Discuss · 45 min** | Practice · 15 min | Close · 10 min |
|---|---|---|---|---|
| Welcome; one worry | Aloud, together | Questions 1–5 | Divide a real worry | One takeaway each |

## Discuss

**1. Think of that worry. Which parts of it were genuinely up to you?**

**Probe:** What judgment or intention belonged to you?

**2. Is your health up to you? Your job? What part of each belongs to your choice?**

**Probe:** Where does influence end and choice begin?

**3. If outcomes aren't up to us, why try at all?**

**Probe:** What does effort give you that a result can't?

**4. What changes when you aim at your effort rather than the result?**

**Probe:** Could that make you more effective, not less?

**5. Where could this idea go wrong if it's taken too far?**

**Probe:** What happens if "not up to me" becomes "not my concern"?

**GOING DEEPER · IF THE ROOM IS READY**

Epictetus says that if you attend only to what is yours, no one can force or hinder you. Is that freedom, or a retreat from the world?

## Practice: mine / not mine

Start with this case, or use a volunteer's example if one is ready. A job interview is next week. You keep replaying what the interviewers might think of you, whether your experience is enough, and who else has applied.

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

1. **Name the parts.** What is this worry made of? Take the parts one at a time, aloud.
2. **Divide.** Which parts are up to me, and which are not? Disagreement is useful; ask why.
3. **Act on mine.** What belongs to me, and what will I do?

**IF TIME ALLOWS · THE REVEAL**

The interview is moved up to tomorrow.

**Probe:** Which parts changed sides? What is still yours to do?

*The aim isn't to stop caring about outcomes; it's to see where your effort belongs.*

## Close

Return to the opening: **"Why do we spend so much energy on things we can't change?"** Take one or two answers. Invite each person to choose one occasion to try the practice; anyone may pass.

**UNTIL NEXT TIME · MINE / NOT MINE**

When a worry pulls at you, ask: "What is genuinely mine here?"

Thank members, confirm the next meeting, and finish on time. Next time: Anger. **Is it the thing that happened, or what I tell myself about it?**

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