Facilitator moves

THE MAIN MOVE

"If that's true, what follows?" Walk a worry forward, step by step, to see where it really leads.

Then ask: **"And what would you do then?"**

When the room needs help

- **Silence.** Wait ten seconds. Ask, "What's one small thing that could go wrong?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Spiraling.** "If that's true, what follows? And what would you do then?"
- **A serious fear.** Acknowledge it. Preparing for real risks is the point.
- **Dismissing worry.** "Some fears do arrive. What would preparing for one look like?"
- **Giving advice.** "What has helped you with something similar?"

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: Seneca, *Letters* 13 and 24; Epictetus, *Enchiridion* 5.

Worry About the Future

Do we suffer more from what happens, or from what we imagine?

Today looks at worry through Seneca's letter on groundless fears. The aim is to turn worry into preparation: picture a setback calmly, plan a good response, and let it go.

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 future event takes up the most room in your head right now?"** Hear three or four brief answers; keep them modest.

Read (10 minutes)

READ ALOUD · SENECA, LETTERS 13.4–8

Read the passage aloud from the linked text or the QR code. Many fears never arrive. Seneca asks whether a feared evil is certain before we suffer it, and warns against suffering in advance.

Letters 13

Allow one quiet minute. Ask: **"Which of your worries is certain?"** Then move to the discussion.

Open · 10 min	Read · 10 min	**Discuss · 45 min**	Practice · 15 min	Close · 10 min
Welcome; one future worry	Key passages aloud	Questions 1–5	Rehearse a setback	One takeaway each

Discuss

1. Think of past worries. How many happened the way you feared?

Probe: What did the worry do for you while you waited?

2. Seneca asks whether the evil is certain. Is that comforting, or dismissive?

Probe: If the feared thing is likely, what then?

3. What's the difference between planning and worrying?

Probe: How do you know when planning has turned into circling?

4. How could calmly imagining the worst help rather than hurt?

Probe: What keeps the rehearsal calm and brief?

5. If that fear were smaller, what would you do differently this week?

Probe: What's one step you've been putting off?

GOING DEEPER · IF THE ROOM IS READY

When is worry a useful signal to act, and when is it suffering in advance?

Practice: rehearse a setback

Start with this case, or use a volunteer's example if one is ready. Next week you present a proposal to people whose opinion matters to you. You keep picturing yourself losing your place and the room going quiet.

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

1. **Picture it.** Calmly imagine one thing going wrong. Two quiet minutes; eyes open or closed.
2. **Plan.** How would I respond well? Keep it calm and concrete.
3. **Release.** Let it go and return to what is happening now.

IF TIME ALLOWS · THE REVEAL

Halfway through, someone asks a question you can't answer.

Probe: Did your plan cover it? What would responding well look like now?

Share the plan, not the fear. Rehearsal ends in a response; worry circles.

Close

Return to the opening: **"Do we suffer more from what happens, or from what we imagine?"** Take one or two answers. Invite each person to choose one occasion to try the practice; anyone may pass.

UNTIL NEXT TIME · REHEARSE A SETBACK

When a worry returns, ask: "And then what would I do?"

Thank members, confirm the next meeting, and finish on time. Next time: Difficult People. **How do I stay decent toward people who make it hard?**

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