

Check out our podcast!



## Discussion Guide (February 16, 2020)

As Fabric this winter we are focusing (again, for some of us) on growing our Care IQ, particularly around mental health. Having a group to be real, process and practice with can make a big difference. So before anything else, look around and thank each other!

Your goal together is to get practical. What are the *actual* Care IQ situations going on for people? How can these ideas, tools and support help you out? How can your group itself be a CareIQ-friendly space where you can give and receive appropriate care? This guide can't magically do that for you but it will offer a good model and some prompts. What matters most is what you make together by showing up for this. So be in regular touch this month as best you can. Oh, and don't forget the snacks!

### Warm Up 10-15 min

Take turns sharing names and: *Something that made you stretch, laugh, cry or swear this week.* When one person is done, they invite a next person who invites a next person....

### Discussion Threads 30-60 min

1. Just getting here can be like swimming up stream with all the things vying for our time and attention. **Challenge for everyone:** name (at least to yourself) one thing you give up and one thing you gain to have this regular time and place to connect around stuff that matters.
2. **A look back exercise.** The more clear we are about our own experiences, tendencies and capacity the better we will be at discovering our appropriate roles and boundaries in Care IQ situations. Chris gave us a way to practice unpacking our own histories in 5 year chunks. **Hand out sticky notes**, put on some music and take 15 minutes for everyone to continue or start working on their self history. What headlines would you give each 5 year chunk of your life so far?

**Share:** In 2s or 3s first: what are you noticing so far? Any patterns or learnings that feel significant to you? How might this inform what you bring to a specific Care IQ toolbox moment you've faced?  
*Listeners – practice listening to understand from their perspective.*

### Close 5-10 min

*What will you take away from this time? Anything you would ask for from the group? Share your takeaways and requests...and say thanks!*



Show Up. Expect Growth. Build Trust

Be present. Share only what you want when you want. Confidentiality. Respect.  
Questions over answers. Wonder over judgement. Do you. Welcome silence.

# Show Up. Expect Growth. Build Trust.

Ground rules for significant relationships

**Be present** as fully as possible (doubts/convictions, fears/hopes, failings/successes; listening/speaking, giving/receiving...).

**Share only what you want** when you want. It's your call.

**Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.

**Respect others** by avoiding the temptation to interpret, correct or offer unsolicited advice.

**Questions over answers.** Practice responding with honest, open questions.

**Wonder over judgement.** Starting to feel judgmental? Get curious. *I wonder what's behind that perspective. I wonder what my own strong reaction might mean.*

**Do you.** You learn from others for sure, but this is a unique chance to pause and listen to what's going on in you. This is perhaps the most simple (yet difficult) and potent thing you will do - for yourself and your group.

**Welcome silence.** The world is noisy enough. After someone talks, take a breath and let Silence have a voice in your Group.

