

Check out our podcast!



Discussion Guide (February 23, 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 briefly telling about a broken bone or physical scar and how you got it.

When one person is done, they invite a next person who invites a next person...

Discussion Threads 30-60 min

1. Most people find it easier to talk about physical scars, injuries and challenges than emotional ones. Why do you think that is? How have you seen or felt stigma or shame around mental health challenges?
2. *In triads*, talk about mental health Care IQ situations you've each been in. While honoring privacy, respectfully share the situation, your relationship and feelings about it. *Listeners - practice listening to understand from the speaker's perspective.*
3. Review the tools mentioned in this week's message around the specifics of Mental Health Care IQ. *In the same triads* as before, talk about a tool that is most troublesome or most helpful to you.

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.

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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.

