

Check out our podcast!



Discussion Guide (March 1, 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!

Take a minute to slow down together. Silently focus on recalling kindnesses, recent or long ago that have been extended to you.

Take turns sharing names and briefly telling about one kindness you remembered. *When one person is done, they invite a next person who invites a next person...*

Discussion Threads 30-60 min

Care IQ practice role play, Mad Lib style. Make up some scenarios to practice with and then reflect together. In triads if you can, take turns being the caregiver, receiver and noticer(s). Insert pauses as needed to reflect or share ideas. Dig in, mess up and learn together!

- Relationships (parent, friend, partner, co-worker...):
- Issue (Aging, terminal illness, addiction, marital strife, work issues):
- Type of need (non-urgent, chronic, immediate/crisis):
- Twist (proximity, self-awareness, trust level & receptivity, power dynamics...):

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.

