



Discussion Guide (February 9, 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 here together is to get practical. What are the *actual* Care IQ situations you are experiencing in your lives? How can these ideas, tools and this 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 do that and be in regular touch this month as best you can. Oh, and don't forget the snacks!

Warm Up 10-15 min

Read the intro above then 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. **Space to share real life, grow and let care flow doesn't just happen.** That's why we think Fabric Groups are worthwhile. Your agreement to do three things makes this different from everyday ways of being together: *Show up, Build Trust, and Expect Growth*.
 - Have a mini debate: if you had to leave one of the three out, which?
 - Name three specific ways to practice those touchstones that will help you all grow your Care IQs.
2. **Name some toolbox moments, and notice....** Talk in 2s or 3s, listing some of your Care IQ situations and whether you think of yourself more often as a care receiver or giver. What happens when you try on the other hat? Are there times when it has been blurry?
3. **Applying the tools.** If you are willing, offer up a real situation the group could talk about. (Remember confidentiality, you don't have to name names. Keep the focus on you and your role and growth.) Get curious about the roles you have or haven't taken in this situation. How is that role working? Sort out your worries into circle of concern/influence....and talk about other tools that might be helpful.

Close 5-10 min

What will you take away from this time? Share your takeaways...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.

