## Facilitator moves

**THE MAIN MOVE**

**"Is that always true?"** Test a favorite idea from the book against a hard case.

Then ask: **"What would a Stoic say to that case?"**

### When the room needs help

- **Silence.** Wait ten seconds. Ask, "Which exercise would you never try?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Didn't finish.** "Speak from what you read; partway is fine."
- **Book report.** "What did that change for you?"
- **Deadlock.** "Which one could we all try once?"
- **Giving advice.** "What has worked for you?"

**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

Key texts: Massimo Pigliucci, *How to Be a Stoic*; Epictetus, *Enchiridion* 1.

# How to Be a Stoic, Part Two

Which Stoic exercise is worth keeping?

Today finishes *How to Be a Stoic* and turns from reading to practice: the group chooses one exercise to try together next month.

**THE MEETING**

**Date:** _____ **Place:** _____

**90 minutes of discussion** · Reading Together

## Before you begin

Silence your phone, set a quiet timer, and keep this guide open. Have your copy of the book handy, 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 did you make of the book's second half?"** A sentence each; partway is fine.

## Share (10 minutes)

**SHARE ALOUD · MASSIMO PIGLIUCCI, HOW TO BE A STOIC, SECOND HALF**

Invite a few people to read one short passage that stood out. Those who haven't read the book can listen. The last chapter collects basic Stoic exercises, a natural bridge into next month's practice session.

The book

Ask: **"Which of these would you want to try?"** Then move to the discussion.

| Open · 10 min | Share · 10 min | **Discuss · 45 min** | Practice · 15 min | Close · 10 min |
|---|---|---|---|---|
| Welcome; the second half | A favorite passage each | Questions 1–5 | Choose next month's exercise | One takeaway each |

## Discuss

**1. Which exercise in the final chapter appeals to you most? Which least?**

**Probe:** What does your answer say about where you are?

**2. Has your view of Stoicism changed since you started? How?**

**Probe:** What changed it?

**3. What does the book get right about living well that we haven't discussed?**

**Probe:** Why haven't we?

**4. Which idea in the book would be hardest to live by?**

**Probe:** What makes it hard?

**5. Who would you recommend the book to, and why?**

**Probe:** Who would it not help?

**GOING DEEPER · IF THE ROOM IS READY**

Pigliucci treats Stoicism as one philosophy he could have chosen. Is choosing a philosophy like choosing a tool?

## Practice: choose next month's exercise

Start with this case, or use a volunteer's example if one is ready. The group has a dozen exercises to choose from for next month's practice session, and five people have five favorites.

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

1. **Name.** Which exercise appeals to me, and why?
2. **Test.** Could we all try it together, in the room, in fifteen minutes? It has to work in the room.
3. **Agree.** Which one will we try next month?

**IF TIME ALLOWS · THE REVEAL**

Someone says the exercise most people like makes them uncomfortable.

**Probe:** Does that count against it, or for it?

*Choose an exercise everyone can try; the aim is practice, not agreement on the best.*

## Close

Return to the opening: **"Which Stoic exercise is worth keeping?"** Take one or two answers. Invite each person to choose one occasion to try the practice; anyone may pass.

**UNTIL NEXT TIME · CHOOSE AN EXERCISE**

Try the chosen exercise once a day before next month's session.

Thank members, confirm the next meeting, and finish on time. Next time: A Practice Session. **What happens when we practice together, not just talk?**

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