Facilitator moves

THE MAIN MOVE

"What is the reason for that exception?" Ask what changed in the circumstances and whether it bears on the judgment made before the attraction appeared.

Then ask: **"Who sees it differently?"**

When the room needs help

- **Silence.** Wait ten seconds. Ask, "What does the next episode promise?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Pleasure is forbidden.** "What would make this enjoyment fit a different occasion?"
- **Rule keeping only.** "What purpose gives that rule its reason?"
- **All exceptions accepted.** "Which new fact changes the earlier reason?"
- **Private habits.** Offer the episode case or passing. Do not ask for personal details.

PROTECT THE TIME

Discuss from minute 10 to 60, including the reading at question 2. Apply until minute 80. Shorten follow-ups or omit the reveal if needed; close at 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

Fuller explanations, sample responses, and the readings are in the October expanded guide and Meeting Primer. Key texts: Epictetus, *Enchiridion* 34; *Discourses* 4.12; Seneca, *Letters* 95.39–40. *On Stoic Living*, Weeks 40–43.

Before You Give In

What is this pleasure promising—and do I have grounds to agree?

Today we examine the reasons an attractive moment seems to supply and what would justify an exception.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Temperance · Discipline of Assent

Before you begin

Silence your phone, set a quiet timer, and keep this guide open. Have the reading ready on a phone or printout, and a pen for your own notes.

Open (10 minutes)

Welcome. Challenge ideas, give reasons, and share the floor. Passing is always fine. The shared case gives everyone a starting point; no experience with the weekly lessons is needed.

THE SHARED CASE · READ IT ALOUD

An episode ends on a cliffhanger. You planned to stop because you have an early commitment tomorrow. The next episode is ready. You think, **"One more would be a good way to end the day."**

Ask the whole group: **"What is the next episode asking you to accept as a good reason to continue?"** Read the shared case aloud before asking the opening question. Hear two or three initial interpretations without settling them, then carry them into the discussion.

Discuss

1. What claim arrives with the wish to keep watching?

Probe: Which part of the claim is a reason, and which part describes the attraction?

READ ALOUD · EPICTETUS, ENCHIRIDION 34

Read the passage aloud from the linked text or the QR code. Epictetus asks us to delay and compare enjoyment, its aftermath, and the satisfaction of keeping a sound judgment.

Enchiridion 34

Introduce this passage during question 2, where it helps examine the issue already under discussion. Read it aloud and return to that question; avoid adding a separate preliminary round.

2. What does comparing the enjoyment and aftermath bring into view?

Probe: What would make regret concern a poor choice rather than tiredness alone?

3. What gives this pleasure a claim on your attention now?

Probe: What responsibility would the next episode displace?

4. What would justify an exception to your earlier plan?

Probe: What changed besides the strength of the pull?

5. How would you tell sound restraint from keeping a rule for its own sake?

Probe: Could a well-grounded revision show better judgment than rigid compliance?

GOING DEEPER · IF THE ROOM IS READY

How could the same outward restraint express either good judgment or a wish to look disciplined?

Application: test the proposed exception

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

1. **Pause.** What is the attraction asking me to believe? Make room to hear the claim before agreeing.
2. **Compare.** What would I enjoy, regret, or value in declining? Include the choice and its purpose, as well as how it may feel.
3. **Test.** Does my reason still hold, or have relevant circumstances changed? A stronger pull alone does not justify an exception.

IF TIME ALLOWS · THE REVEAL

You learn that tomorrow's early commitment has been moved to the afternoon.

Probe: What changes about the earlier reason? What would now justify keeping the plan or making an exception?

The outcome is a sound judgment about the claim or exception. Visible refusal, a weaker urge, or rule-keeping alone cannot establish it.

Close

Return to the opening: **"What is this pleasure promising—and do I have grounds to agree?"** Ask what became clearer or what remains unsettled. Hear brief answers and reasons for a changed view; passing is welcome.

UNTIL NEXT TIME

Notice a tempting exception and ask what has changed besides the strength of the pull.

Thank members, confirm the next meeting, and finish on time. Next month we turn to the Discipline of Desire: **How can I want enough without continually needing more?**

After the meeting: send a short recap through your group's usual channel with one or two insights or open questions and the take-home invitation.