Facilitator moves

THE MAIN MOVE

"Can you give an example?" Ask for a moment this week when one of the disciplines would have helped.

Then ask: **"Which discipline was that?"**

When the room needs help

- **Silence.** Wait ten seconds. Ask, "Where would the evening review fit?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Classifying.** "Let's not settle the categories. What would you practice?"
- **Perfectionism.** "What version is small enough for a bad day?"
- **Didn't read it.** "The questions work without the articles."
- **Giving advice.** "What has helped you keep a habit?"

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: Donald Robertson, "Introduction to Stoicism: The Three Disciplines" and "A Simplified Modern Approach to Stoicism"; Epictetus, *Discourses* 3.2.

The Three Disciplines

How do you practice Stoicism, not just think about it?

Today organizes what we've practiced so far into Epictetus's three disciplines, and asks how to keep a daily practice going.

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 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, 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's one habit you've kept up, and what helped?"** Hear three or four; keep them brief.

Read (10 minutes)

READ ALOUD · DONALD ROBERTSON, "INTRODUCTION TO STOICISM: THE THREE DISCIPLINES"

Read the passage aloud from the linked text or the QR code. Epictetus trained desire (what we want and avoid), action (how we treat others), and assent (what we accept as true). Robertson's simplified modern approach turns them into daily practices.

Three Disciplines

Ask: **"Which discipline have you practiced most without knowing it?"** Then move to the discussion.

Open · 10 min	Read · 10 min	Discuss · 45 min	Practice · 15 min	Close · 10 min
Welcome; one habit	Key passages aloud	Questions 1–5	Choose a daily practice	One takeaway each

Discuss

1. Desire, action, and assent: which discipline do you most need right now?

Probe: What tells you that?

2. Which practices from earlier meetings fit under each discipline?

Probe: Which discipline have we practiced least?

3. What gets in the way of daily practice for you?

Probe: Is the obstacle time, memory, or motivation?

4. How could this group help you keep at it?

Probe: What would help without becoming pressure?

5. Why might Epictetus have taught desire first?

Probe: What goes wrong if action comes before desire is trained?

GOING DEEPER · IF THE ROOM IS READY

Are the three disciplines one practice seen from three sides, or three separate skills?

Practice: one daily practice

Start with this case, or use a volunteer's example if one is ready. You want to practice Stoicism every day, but mornings are rushed and evenings are tired. Last month's practice faded after a week.

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

1. **Name the discipline.** Which do I most need: desire, action, or assent?
2. **Choose.** Which small practice fits that discipline and my day? Small enough for a bad day.
3. **Anchor.** When and where will I do it? Link it to something you already do.

IF TIME ALLOWS · THE REVEAL

A week in, you miss two days in a row.

Probe: What would a Stoic say to themselves now? What's the next step?

A practice kept imperfectly beats one abandoned.

Close

Return to the opening: **"How do you practice Stoicism, not just think about it?"** Take one or two answers. Invite each person to choose one occasion to try the practice; anyone may pass.

UNTIL NEXT TIME · ONE DAILY PRACTICE

Keep your one practice each day, and notice what it changes.

Thank members, confirm the next meeting, and finish on time. Next time: *How to Be a Stoic*, Part One. **What does a modern Stoic life look like?** Ask members to start the book.

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