

Life-Talk

A Laboratory for Learning about Ourselves by Ourselves

Notes for a volunteer group facilitator*

First, insure people appreciate the Life-Talk procedure. Perhaps say:

First, I'll read a question from today's list. Then I'll offer each person a chance to answer the question. If you answer, you must answer honestly. That may be a challenge, for some of the questions are very personal.

But you can pass on any question, any time. Just say, "I pass." No one need ever speak unless they want to. It's important for us to stay true to ourselves.

If it's not our turn to speak, we remain quiet. No comments, no crosstalk. It's like the tradition of the talking stick; only the person holding the stick speaks. We want every speaker to enjoy quiet, unhurried, non-judgmental, respectful attention from all others.

Finally, we respect everyone's right to privacy, so everything we hear stays in the group.

Then pose the first question, pause for a beat or two, and call on each person in the group to answer; you too can answer, if you like. Whether a person answers a question or passes, say "Thank you." Don't rush the process. Provide time for reflection and feelings of empathy. Whenever necessary, gently remind the group, "In Life-Talk, unless we are answering a question, we remain silent, withholding all comments." It's usually best to go through the questions below in the order listed. End with the Final Review. (Feel free to skip some questions if necessary to have enough time for that Review.)

* Four-to-seven is a good size for a Life-Talk meeting. For larger groups, it's best to sub-divide.

Today's questions

- 1. What is a recent experience of yours that felt good to you?***
- 2. What is something simple that you enjoy doing but haven't done recently?***
- 3. Who is someone who has been important in your life?***
- 4. What was either one of your very painful or very positive experiences?***
- 5. Can you create a statement -- or a question -- that contains the phrase "silly hat"?***
- 6. How well can you respect someone who disagrees with you in important ways?***
- 7. If you notice you are getting down on yourself, what might be a good thing to do?****

Final review

Can you take something useful from today's meeting? Perhaps create an ending to a sentence such as: "I learned..." "I'm beginning to wonder..." "I was surprised..." "I'm going to try..." "I liked..."

*For a potentially useful comment on that question, click [LINK N1](#).

For new questions each day, go to life-talk.org; on upper left, click "Today's Questions."

For more information, email info@life-talk.org.