

# STUDY CIRCLE DISCUSSION

## “TAKE BACK YOUR TIME” HANDBOOK

(Please see Study Circle chapter in appendix)

A study circle is different from a discussion group. The discussion group is a back and forth about ideas. The study circle is trying to build community and inspire members to take action. For a study circle, it's better to have a small group of 3-6 people who stay together over several weeks. A discussion group might meet weekly with different people coming each time.

### Reading

Read one chapter a week. (If it's more than that, people don't get their reading done!) As you read, notice where you grab your pencil and underline madly! Notice what really moves you.

### Discussion

Take the idea which moved you the most and think about it. Come prepared to the discussion to say:

1. Why you were moved by this idea. Why it's important to you. As often as possible, speak from personal experience.
2. What actions/policies does this idea suggest that are needed? For instance, some policies might be a shorter work week, another policy is national health care; another policy might be a progressive income tax.
3. What small step can you take in the following week. This action might be to change your own life or to work for one of the policies discussed. (Use one off the "50 things list) People always feel more inspired and capable when they take an action, no matter how small.

### Format

Use the "circle" format: Take turns going around the circle. In the beginning you can use an egg timer so that no one speaks more than 3 minutes. After awhile, it becomes automatic. That way, no one dominates. Even if discussion breaks out on someone's idea, after a few minutes, return to going around the circle. This reduces the competitive nature of discussion groups and makes sure everyone gets to talk. When you go around the circle, don't say everything all at once: First have everyone talk about their idea, then go around the circle again for the policies, and then go around for the actions.

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