WHO DO WE CHOOSE TO BE

Facing Reality | Claiming Leadership | Restoring Sanity

DISCUSSION GUIDE: "Information"

Why is information important? What is information's primary role in your life? How do you use it? Do you agree that "it provides the ingredients for life to organize itself into a living system capable of growth and adaptation" (p. 122)?

Can information be used as a weapon? Do you see it being used as a tool "to create disorder to benefit those in power" (p. 127)? How so? *Note: this is not about defending specific bits of information, rather do you agree that information (broadly speaking) can be used (manipulated) as a tool to divide and create chaos.*

What does it mean to be a human being versus a human animal?

What would it look like to create this environment in our community (see below)? This is not a drill. I'm serious.

> "We can't change one another's minds, but we can create the conditions to wake up our better angels. Contemplation, reflection, inquiry, calmness, openness to new ideas—these and more become available when we settle into the space of good relationships. Settled in together, sitting next to each other or in a circle, we can explore each other's position rather than exclaim about how wrong they are. We don't feel threatened, we feel curious—who is this person and why do they believe what they believe? Why do I believe what I believe?
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> "In full-strength human beingness, we get curious not contentious. As the relationship strengthens because of how we are being together, it's easier to exchange perspectives. We're getting interested in how other people think. And I might even become curious about how I think. If there's no threat (sit amygdala, sit), we don't fear contradictory ideas. Facts may even become friendly as we relax with them, considering new viewpoints and different opinions. We may still maintain our belief or position but, after this conversation, we hold it more reasonably.
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> "We haven't been threatened, so we aren't angry or afraid. We've enjoyed the experience and would love to meet again" (p. 158-159).

What does healthy group process look like? See p. 171.

NEXT WEEK

read chapter 4, "Perception" (p. 176-215)

All quotes on this discussion guide, unless otherwise noted, are from *Who Do We Choose to Be: Facing Reality, Claiming Leadership, Restoring Sanity* by Margaret J. Wheatley (Oakland, CA: Berret-Koehler, 2023).