



Life Interrupted

Developed: September 2021

Description: Expectations and assumptions help us navigate the world, as they guide our plans, help us to set goals and provide us comfort as we forge our paths forward. We lean on expectations as 'givens' or 'knowns' that form part of our national, cultural fabric. Whether innocent or naive, Americans "knew" that wars were fought on foreign soil, schools and churches are safe places, the planet will always provide food or shelter for its inhabitants, science will keep us healthy. For recent generations, these expectations have not held up in the face of reality and the future is uncertain. What were the cultural touchstones for you growing up and are they still there? This discussion explores what happens when our touchstones crumble and how we navigate the 'inbetween' or new reality.

Estimated time: 90 minutes

(1) Getting acquainted and comfortable

5 - 10 min.

Welcome

- Thank you for coming...
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

The Pillars of The Great Reset

- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

Ground Rules

- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you



permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**

Personal Introductions

Please share your name, where you live and something you think is unique to your generation, culturally.

*****Remember to ask to record and PRESS RECORD*****

(2) Relying on Assumptions

15 - 20 min.

- Take a moment to think about your assumptions:
 - about your short-term plans
 - about your long-term plans
- To what degree are those plans based on assumptions or expectations?
- How do you feel in the moment of feeling all things align?

(3) The Inbetween

20 - 25 min.

- What have been the major shifts, culturally, that have affected the way we live our lives?
- Give me an example of an expectation, or a plan - big or small - that got deferred or that turned out differently than what you expected.
 - How did you feel?
- When a plan, be it small or large, gets deferred, how do you feel?
- Why do you think you feel this way? [LISTEN FOR: fear of the unknown, general anxiety about how to navigate, anger over an 'other' directed redirect? something else]
- How did you handle the change?
 - Did you turn to anybody/anything for help?
- How do you get through this time?
 - Personal redirects via exercise or other activities
 - Connection to friends or family
 - Therapy or professional support
- How do you wish others would support you during this time?
- When [REFER BACK TO EXAMPLES] happened, to what degree do you feel you were able to shift focus, redirect your sights? Does this happen instantly or do you take time to redirect?
 - What makes this hard to do?



- What, if anything, has helped you or helps you to readjust to something unexpected?

(4) Handling someone else's inbetween

10 - 15 min.

- How do you support others when they are in the 'inbetween'?
- What is the best way to deal with someone else who is having a hard time, acting out or somehow threatening your space?
- How, if at all, is it different if the shifts are happening in the community, country or globally (COVID, Climate Change, mass shooting, etc.) versus something that is just happening to you?

(5) Closing comments

5 - 10 min.

- What do you feel is the most important strategy, skill or thing to keep in mind in order to adapt to the "unknowns" in our futures?
- What do you believe would help others in your peer group to move forward on a path that is different from what they expected or assumed?

Link to survey: <https://forms.gle/sqgVqPqP21Pf1NG96>