

AFTERSHOCKS CONVERSATION GUIDE

When earthquakes happen - whether geological or societal - our instinct is to grasp for something solid. In this unsettled state, it can be easy to retreat to our default position (whatever that looks like for us individually). How can we flex our “courage muscles” and reach beyond our usual bubble to recommit, reconnect and rebuild? How can we find stability and community without reverting back to “normal?” We hope this conversation guide will help those who use it to acknowledge and analyze what has happened (and what is continuing to happen) and find their own ways to respond.

Key Guidelines:

Authentic personal sharing and giving space to others.

This is not a “debate” or a problem-solving discussion. You are not trying to come to a singular conclusion but rather to express and better understand the multiple realities that may exist for those in the conversation with you.

LISTENING to others and accepting views and experiences that may be different from one's own are very important. A new shared understanding can arise from listening to each other and asking questions from a place of genuine curiosity.

Questions for Reflection & Conversation:

- 1. What aftershocks have you experienced or observed?*
- 2. What should we do as a community to be more resilient and better able to withstand future events like these (the pandemic, housing crisis, education lapses, economic losses etc.)?*
- 3. As you think about how you might recommit, reconnect and rebuild, what makes you hopeful? Who or what inspires you?*