



EPOCH CONVERSATION STARTERS

How To Use The Cards:

This deck is designed to support people in having compassionate dialogue on hard topics.

It is not about agreeing or being “right,” it is about sharing our thoughts and feelings with one another in a respectful manner.

Our goal is increased understanding and empathy for greater compassion in this world one conversation at a time!

Interrupt it:

1. Invite a friend (or a stranger) to pull a card with you.
2. The person who pulls card reads it out loud.
3. Walk through steps of protocol starting with "Recognize It" allowing each person to respond to the prompt
Sharing what comes up for them.
4. Repeat this for each step of the protocol until you have
Completed all three steps
5. Thank your partner
Alternately, cards can be pulled in small groups and discussed using the protocol to guide discussion

THE EPOCH PROTOCOL

Recognize It:

The objective is to get participants to question how they think, feel and believe about the statements. Three standard questions should be considered to prompt the conversation. Answering any one of these will get the conversation started.

1. What do I think about when I hear this statement?
2. How do I feel when I hear it?
3. What is my initial belief about the statement?

Interrupt it:

The objective is to practice using a series of targeted questions to dig deeper about the think/feel/believe and counter the statement thoughtfully to “interrupt” the dialogue in a compassionate manner. Sample “Interruptions” are: Tell me more...; share a personal story that offers a different perspective; or share how the statement made you feel when you heard it.

Repair it:

The objective is to come up with actionable steps that people can do to repair and broaden their awareness and understanding as related to the statement. Listed are three things individuals can do to “Repair It”

CALL TO ACTION

OBSERVE:

What situation can you seek out and/or view that can help deepen your understanding of the situation?

ENGAGE:

What situation can you seek out and have dialogue with specific people/professions/races etc. to understand the varying perspectives?

READ:

What specific authors & books or categories of information can you research to expand your knowledge?

HOW TO USE THE MYTHBUSTERS

Once drawn, use as a “Time Out” and ask the question, “Did you know?”

Talk with your partner about what you believed to be true and what actually is. Finally, ask “Who benefits from perpetuating this myth?”