



Men in Balance

*A faith-based organization
helping men in their
spiritual journey*

SESSION 1

Worry Clinic: Wolf at the Door

MEN IN BALANCE™ DISCUSSION LEADER GUIDE

1.5 hr. Format (Items needed: index cards, norms, handouts of pages 3-7)

Time	Item	Min.	Notes:
:01	Welcome	2	<ul style="list-style-type: none"> • Thank group for participation in the program • Introduce yourself (even if they know you) • Describe the purpose of the group • Indicate your enthusiasm for the program
:03	Prayer	2	Ask someone to lead the group in prayer or do it.
:05	What to expect	2	Explain the process we will use (open discussion); all ideas/comments are welcome.
:07	Introductions	6	<p>Ask each member to introduce himself (20 seconds each) with a brief bio of:</p> <ul style="list-style-type: none"> • Length of membership/attendance in the church, etc. • Marital status/children • Occupation (if not retired)/job status • Something most people might not know about you <p>NOTE: Do not comment on info, just move on</p>
:13	Adopt Norms	2	<ul style="list-style-type: none"> • Hand out copies of the suggested norms (Page 7) • Explain what norms are, how they guide a meeting • Ask the group what norms they would like to add • Adopt the norms
:15	Introduce Discussion Topic	3	<p>It is appropriate to be discussing our concerns about the economy and its ramifications for us and our families</p> <ul style="list-style-type: none"> • Many of us are concerned about our jobs, savings • There is a cultural expectation that “men will provide for their family” • We need to be able to support each other as men on this topic • Hand out index cards. • Ask: Would you jot down 3 concerns or observations about this economy and its impact on you/your family.
:18	Planned Discussion	60	Ask for examples of concerns but do not “go around the table in order.” Let each person offer as they feel led. Allow discussion to follow its natural course being careful not to allow one or two to dominate the discussion. If someone goes on for more than a

			<p>minute or so, say, “Thank you...I’d like to hear from some others on this. Who else would offer comments?” When you get only concerns and no impact, ask “What would you say the impact of that was/is on you?”</p> <p>NOTE: You might get some emotional response on this subject. Be careful not to try to “fix” the concern. Let the group offer empathy as they feel led. It is not your role to interfere with the experience of the group members. (If they do not offer empathic response however, you should do that e.g. “That must really be troubling for you.”) Also if issues come up that reflect a need for counseling, tread lightly, be empathic to the concern but indicate this may be beyond the scope of this session.</p> <p>(USE QUESTIONS ON NEXT PAGE TO KEEP DISCUSSION GOING, BUT DO NOT EDITORIALIZE ABOUT RESPONSES.)</p>
1:18	Questions/ Wrap-up	5	<p>Say, “This has been some great discussion. Let me ask a couple of questions to wrap up our time together.”</p> <p>(Use the following questions as time allows to bring conclusion to the discussion.)</p> <p>What habits can you initiate to reduce the stress you are feeling about the financial mess we are in? [[[See Handouts, p. 5]]]</p> <p>How can you initiate a discussion with your spouse or partner revealing your concerns?</p> <p>How can you make yourself available to other men who are dealing with anxiety or concern about their job or the economic situation?</p> <p>Some of this may have come out in earlier discussions. Expand on that as needed.</p>
1:23	Ending the meeting	06	<p>Offer concluding remarks, noting the frankness of the group’s remarks, remind group of the confidentiality promise, highlight next week’s topic (if appropriate and group has agreed to a follow-up), remind the group to truthfully complete a feedback form [[[MAKE COPIES IN ADVANCE PAGE 6]]] to make the meetings more worthwhile. Ask someone to close in prayer.</p>
1:29	Dismissal	1	<p>Remind group they are free to hang around and visit further with each other.</p>
		89.00	Total minutes [Right click to update total]

WORRY CLINIC QUESTIONS:

1. How would you describe your overall mood recently? What changes, if any, have you noticed?
2. What conversations have you had with neighbors or friends about economic issues? Do you have friends who have lost their job? How have you been able to minister to them if at all?
3. What changes have you noticed in your relationship with your wife or partner, if any, that you would say is due to financial concerns?
4. What differences have you noticed in the way your wife/partner has reacted to the economic downturn versus the way you have reacted?
5. How easy is it to discuss your worries or concerns with your wife/partner? Has she tried to initiate conversations which you resisted? Or have you tried to initiate conversations with her?
6. How have losses in your retirement or savings impacted you? What changes have you been forced to make or made on your own?
7. How have your children been impacted? What are they hearing from other children or families?
8. How is your worry or anxiety affecting your ability to be productive on the job?
9. If you were/are losing your job, what would you like from your male friends in terms of empathy and support?
10. What has been the impact of recent events on your faith? Have recent events caused you to question your faith? How has that manifested itself? Are you attending church more regularly or less?
11. Have you sought out someone to talk to about your concerns, such as a pastor or counselor? What was the outcome?
12. What impact has loss of savings or retirement or job worries had on your view of yourself as a man and a provider?
13. What defines you as a person?
 - a. Work
 - b. Family
 - c. Hobby
 - d. Etc.
14. How does your faith allow you to trust God to guide you through these tough times?

15. What approach to goal setting have you utilized? How have you adjusted these goals during this time period?
16. Who is your best friend? Have you spoken to this person about your current feelings? Have you asked your best friend how they are feeling?
17. Anthropologist Angeles Arrien prepared the following short rules for living:
- a. Show Up
 - b. Pay attention
 - c. Tell the Truth
 - d. Don't be attached to the results
- What impact do these four short rules have on you? How can we utilize one or two of these rules during these tough times?
18. What are you hopeful for in 2009? What new possibilities are there for work, relationships, health, finances, community or faith?
19. Would you be willing to spend 15 mins a day quietly reflecting on the new possibilities in your life?
20. What comes to your mind and heart from reading the message, "not like before, but a new with curiosity and courage?"
21. What is the relationship with your own curiosity and courage?
22. How would you like to strengthen your curiosity and courage during these tough times?
23. How do you deal with fear?
24. What feelings have you been aware of in yourself that are the result of financial concerns?
- Anger?
 - Sadness?
 - Depression?
 - Hopelessness?
 - Fear?
 - Anxiety?
 - Self-doubt?
 - Inadequacy?

REACTIONS TO STRESS

Our reactions to stress vary tremendously from person to person. Here are some typical reactions. Check those you have employed (positive or negative) recently.....

Methods Often Used to Relieve Stress	
<i>Healthy</i>	<i>Unhealthy</i>
<input type="checkbox"/> Prayer	<input type="checkbox"/> Inactivity
<input type="checkbox"/> Meditation	<input type="checkbox"/> Worrying
<input type="checkbox"/> Exercise	<input type="checkbox"/> Complaining
<input type="checkbox"/> Talking with others	<input type="checkbox"/> Substance abuse
<input type="checkbox"/> Walking/running	<input type="checkbox"/> Overeating/undereating
<input type="checkbox"/> Spend time in nature	<input type="checkbox"/> Sleeping
<input type="checkbox"/> Calling friends	<input type="checkbox"/> Isolating yourself
<input type="checkbox"/> Journaling/reading spiritual books	<input type="checkbox"/> Procrastination
<input type="checkbox"/> Warm baths	<input type="checkbox"/> Nervous habits
<input type="checkbox"/> Savoring small events/moods	<input type="checkbox"/> Smoking
<input type="checkbox"/> Get a massage	<input type="checkbox"/> Zoning out w/TV
<input type="checkbox"/> Listen to music	<input type="checkbox"/> Withdrawing
<input type="checkbox"/> Work on hobby	<input type="checkbox"/> Filling time/staying “busy”
<input type="checkbox"/> Play with a pet	<input type="checkbox"/> Lashing out at others

WHAT CAN YOU DO TO COPE IN A HEALTHY WAY?

Here are some ideas you might try.....check the ones with potential for you.

- Talk in a really open way with your spouse/partner or close friend about your feelings
- Set aside some time to relax alone or with a pet
- Call old friends, catch up, share your concerns
- Begin or ramp up your exercise program
- Pay close attention to your diet—eat healthier choices
- Cut down on caffeine, sugar intake
- Avoid alcohol, nicotine, drugs
- Be sure to get adequate sleep
- Keep check on your blood pressure
- Check with your doctor if you have any shortness of breath, chest pain

MEN IN BALANCE MEETING FEEDBACK

It is helpful for your facilitator to get feedback at the end of each meeting to make the meetings more productive and meaningful for you. Your honest feedback is appreciated.

Today's Date:		Facilitator:		
Please rate this meeting based on the criteria below:				
Overall facilitation was good	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Everyone got a chance to speak	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Quality of discussion was good	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Group participation was good	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Content of discussion was good	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Everyone was treated with respect	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
People felt comfortable overall	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Materials/handouts were helpful	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Meeting location is good	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Meeting time is good	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Facilitator kept group on task	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Facilitator kept meeting moving	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Facilitator moderated discussion well	Agree ()	Somewhat ()	Not sure ()	Needs Work ()
Feedback for the facilitator.				
What would you like to see more of?				
What would you like to see less of?				

Name: (optional) _____

Thank you so much for your feedback!

MIB MEETING NORMS

Meeting norms are helpful rules everyone agrees to in order to keep the meeting productive and meet the objectives. Your group will set its own norms. Here are some suggested norms for this type of meeting. After some discussion of additional norms to add, come up with a friendly way of letting members know when they are violating a norm (such as requiring the person to pitch a quarter into a kitty for future refreshments).

- ❖ Everything said in the room stays in the room. (Important!)
- ❖ We will avoid judgmental comments about others' comments.
- ❖ No one person will be singled out and expected to comment on any given issue.
- ❖ Only one person will speak at a time.
- ❖ We will listen to everyone's viewpoint respectfully.
- ❖ We will not interrupt each other.
- ❖ We will not reveal personal information about another group member in the meeting or outside.
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____

Group Members Sign Below: