

The Big Community Read

Let's read together

Session 4 - Think Differently

Introduce the session

In this session, we'll be looking at the power of thinking differently. The book explores how the way we think shapes how we experience life, our sense of purpose, and how we relate to others.

It considers the importance of thinking differently about the future (page 144) and power (page 161), as well as exploring different ways to understand compassion and the impact our lives can have. As we come to the end of this section, we're invited to reflect on how small shifts in our thinking might lead to meaningful change.

Watch Session 4 Video

Available on www.bigcommunityread.com

Icebreaker

What's something you've changed your mind about in the last few years?

or

If you could instantly get better at one thing, what would it be?

Discussion questions

(You're free to share as much or as little as you like.)

1. Patrick shares the picture of two wolves and says, "The wolf that wins is the one that you feed." What do you think that means in everyday life? How does that shape where people find hope?
2. The video suggests that many of us live in echo chambers and see the world through certain filters. Why do you think it can be hard to think differently? Where do you see that in everyday life?
3. There's an idea about where our skills and the needs of the world overlap. What do you think that looks like in real life? Where have you seen that in action?
4. When people feel anxious or overwhelmed, how helpful is it to separate what's in our control from what isn't? Where might that distinction make a difference?
5. The book talks about thinking differently about power — not just as position, but as influence (page 161). Where do you think people underestimate the influence they have? Where do you see that in everyday life?
6. What might courageous compassion look like in everyday life — towards others, and towards yourself?
7. In the video, self-compassion is described as talking to yourself the way you would talk to your best friend. Why do you think that can be so hard? What difference might it make?
8. Looking ahead, how would you like people to describe you and the impact of your life? What's one small step you could take now that would move you in that direction?