

Worshipful Master Lodge Discussion Series

Title: Secretary

Version: 1.0

Purpose: Examine how accurate record-keeping works as a tool for seeing what is actually happening, separate from how we feel about it. Help brothers notice the difference between memory shaped by emotion and facts that can be checked.

Keywords: factual record, emotional distortion, pattern recognition, shared memory, honest data


Materials Needed:


None


Supporting Content/Guides

PDF - AMW Groundrules

Related Podcast Episodes:

 The Secretary Series: The Behavioral Level (Patterns and Repetitions)

 The Apron and the Ego: Rewriting the Story of Who We Are

 The Secretary Series: The Systemic Level (The Architecture of Change)



Setup:

WM Time Needed:

2-3 minutes

Member Time Needed

None

Considerations:

Individuals in the lodge will participate in different ways. Challenging a member to participate in a way that is uncomfortable for them should only be done with a skilled facilitator and a high-trust group.

Messaging:

Most of us trust our memory to tell us what happened. But emotion colors everything we recall, and we often repeat the same mistakes because we never looked at the actual facts of what occurred. Tonight we are asking what happens when a man keeps a clear record instead of letting feeling rewrite the past.

Key questions:

“What does it look like when someone keeps honest track of what is actually happening, separate from how they feel about it? How do you notice it in the way they talk about a situation, or handle a problem that comes back around?”

“Does any of that sound familiar in your own life? Where do you find yourself keeping honest records, whether written or just in how you think about something over time?”

“Tell us about a time when you looked back at what actually happened, not what you remembered, and discovered something you had been missing. What was the difference between the two?”

“If a man came into this lodge a year from now and looked at how we handle a recurring problem, what would honest records show us that we are not seeing right now?”

“How did this conversation shift what you are noticing about the gap between how you remember something and what the facts actually show?”

Wrap-up:

Touch on the key points and highlights of the discussion. Pay special attention to discoveries or immediate learnings by the participants. Personalize positive feedback with “I really valued Brother [John’s] point about X, or Y”

DISCUSSION

Date of Meeting:

Rating? ☆ ☆ ☆ ☆ ☆

Key Points

Takeaways

The Best Part:

Thing's I'd do differently next time:

Do this again? Y N

If so, how often? _____

