

Worshipful Master Lodge Discussion Series

Title: Cabletow

Version: 1.0

Purpose: Examine how a brother notices the difference between a commitment he can actually keep and one that will break him. The Cabletow teaches you to see your own limits before you agree to something.

Keywords: capacity, honest assessment, proportionate tension, sustainable obligation




Materials Needed:

None

Supporting Content/Guides

PDF - AMW Groundrules

Related Podcast Episodes:

-  The Junior Warden: Noticing Before You Numb
-  The Commitments You Made With Your Future Self
-  The Anatomy of a Commitment That Actually Holds



Setup:

WM Time Needed:

two 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 brothers think saying yes to a responsibility means stretching themselves until something snaps. The Cabletow is not about how much you can carry before you fall. It is about seeing clearly what you can actually carry right now, and having the spine to say so.

Key questions:

“What does it look like when someone has a clear sense of what he can take on without breaking? How do you notice it in him, or in how he talks about his commitments?”

“Does any of that sound familiar in your own life? Where do you see yourself making that kind of honest count of what you have room for?”

“Tell us about a time when you said yes to something and then realized almost immediately you had misjudged what you could actually do. What made you finally see the difference between what you wanted to be and what you could be?”

“If this lodge worked from the principle that every commitment we ask of a brother has to fit inside his actual capacity, what would change about how we propose work?”

“How did this conversation help you see something about the commitments you are carrying right now that you had not named before?”

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? _____

