

“Not Enough” Discussion Questions

Please remember that if any of these ideas lead to discomfort or any other difficult feelings, you can always visit [Taking Care of Self](#) or [When you Feel Bad](#).

Scarcity is Real!

- What is there not enough of in your life? Money? Time? Love?
- What about with learning: do you sometimes feel like you don't have enough knowledge? Skills? Space left in your head after you have done and worried about all the other stuff from your day?
- How is for you when you spend time with people who have a lot more than you do? A lot less? If you are a tutor, do you have more resources than the learner/s you work with? If you are a learner, do you have less? If so, have you two ever talked about this? Are there any tensions or weird feelings about it that make it hard to talk about?
- When we work with painful and difficult stories, sometimes it feels like no amount of listening, nor anything we can say or do, could ever be enough to make up for the unfairness, or deal with the sadness or anger. Or if someone has heard that they are wrong or bad or stupid a million times, how can we ever give/create enough new messages? What can we do with these feelings? Is there even such a thing as enough?

But so is the Attitude you Bring!

- How do you try to fill your needs? If you feel ignored, lonely, devalued; do you try to get good feelings through other things, like spacing out to the TV or your favourite food?
- Or maybe from different people! We all hear about “taking it out” on our closest loved ones if we are having a bad time... Sometimes if we aren't getting what we need in one place, we try to get the same need (say, for validation or encouragement) met in a safer place.
- Are there any creative ways to meet our housing, food and childcare needs that haven't been explored? Cooperatives, community food security arrangements, gardens, bulk deliveries, and other ways of helping each other out in bigger groups... how can we do it together a bit more?
- Do you ask for what you need? How? Do you have a hard time accepting help? Any ideas about why? Do you say “yes” too much and wind up filling other people's needs before your own? How can we find a balance?

- None of us can ever really fill each other up. If you are a tutor, are there ways you might be trying to get learner/s to fill up your needs (say, for good feelings about yourself)? If you are a learner, are there ways you might be trying to get tutors or teachers to fill up your *non-learning* needs? But actually, is there such a thing as a “non-learning need”?

Just Plenty, Thank You!

- What are the really healthy ways we fill each other’s needs? We take care of children, give and receive hugs and smiles... describe as much as you can.
- What are you grateful for? Try to make a list of 100 things! Write Thank You notes to people (whether you are able to send them or not) or to things (like the sunset, for being beautiful).
- As we give each other plenty of support, and feel plenty of safety together, something else can arise: plenty of curiosity! In a spirit of openness and reflection, you may be in the mood to tackle a few really tricky questions. The line of inquiry may go something like: yes, scarcity is real (I don’t have enough time to do everything I need to do), but just like with everything in my reality, I am also helping to create it. What decisions do I make – maybe without even realising – that contribute to that reality? This has nothing to do with blaming me; the tone needs to be inquisitive and non-judgmental. I may come to a new awareness of choices I make around resources, and my attitude toward them. Awareness helps us make changes that support learning.