



When people  
arrive at your  
table

- ✓ Ask people to order something so that we can keep up good relations with this restaurant since they are letting us use their space.
- ✓ Ask people to place their food and drink orders **before** the discussion starts so that the discussion won't be interrupted as much.

Once the food and drinks have been ordered let everyone know...

## Our main Intention

- is to provide a **balanced discussion** where everyone has a chance to speak.

## We only have two rules

- respect for everyone at the table, and one person talking at a time (during the facilitated portion).

## Interjecting

- In order to avoid anyone from **dominating** the discussion, just **raise your hand** if you would like to speak. That way, everyone (including the facilitator) knows that you have something to say.

Okay, let's  
get started!

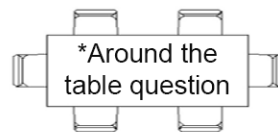


## \*Around the table question:

People answer the question from left to right ending with the person who asked it.

## WARM UP QUESTIONS always help build respect at the table...

Which of the **Food For Thought videos** was the most **interesting** to you, and why? (See page 2 with videos)



Why do you believe that **romantic** love is celebrated much more than all other types of love?

Besides people, **what do you love** and **why** do you love it?

... now that we're warmed up...

Do you believe that you need to love **yourself** before you can truly love **someone else**?

Can you name **three things** that you love about yourself?

What have you found is the most **challenging** aspect about love?

How can we bring **more** love into our lives?

... if there's time...

Based on your experience, what advice would you give to someone who's dealing with a **broken heart**?

Is it still more difficult for men to **express** their love to others than for women?

(As depicted in the movie 'Her')  
Do you believe that people will eventually fall in love with **artificial lifeforms** (i.e. A.I.)? Why or why not?

## AFTER 90 MINUTES:

Feel free to stick around as long as you like. If there are multiple tables for this event then you are encouraged to move to other tables to mix and mingle.

Conversations are no longer limited to the topic.

(Use this as a memory trigger for question #1)



Her (movie streaming options)



Documentary on YouTube



# Understanding Love

Select the images to play Food For Thought videos

All members are encouraged to watch at least one Food for Thought video prior to attending our events in order to provide inspiration and common starting points for the discussions to follow.



Her (movie streaming options)