

## THINKING CRITICALLY ABOUT “WORK” AND HOW IT IMPACTS RELATIONSHIP

1. What was I taught as a child about “work”? What were my personal influences regarding work (family, culture, society, religion)?
  - a. What does “work” look like?
    - Tangible products
    - Physical effort
    - Constant/sustained effort
  - b. Why is “work” important?
    - As a moral imperative?
    - As a way to prove my individual worth?
    - For the greater good? (how is this tied up with ideas of ‘sacrifice’?)
  - c. Who does “work”?
    - Does everyone work or only some people?
    - How do I feel about everyone working or only some people working?
    - What are my overriding ideas about who works and “fairness” or “justice”?
  - d. How is “work” valued and who decides?
    - Is it how much money that work generates?
    - Is it how many “things” the work produces and the rate of production?
    - Who has the authority to decide how much work is enough and why it is important?
  - e. What is the relationship of “work” to rest?
    - How much work is enough?
    - Who deserves to rest and when?
  - f. What is the relationship of “work” to learning and mistakes?
    - Do I recognize work even when it doesn’t produce what I thought it would?
    - Does my idea of work allow for learning and missteps?
2. If work is in some part tied up with effort, can we acknowledge that there are invisible “efforts” that are valuable? Can you brainstorm a few?
3. Can we recognize that different people have very different approaches and barriers to the same task (learning differences, trauma histories, ways of processing information and experiencing the world)?