

Structured Silence

Every 15-20 minutes call for 2-3 minutes of intentional silence—a reflective pause. Participants are asked to think quietly about one of the following questions (different questions chosen by the facilitator for each pause):

- What was the most important point made in the last 15-20 minutes?
- What was the most puzzling or confusing point made in the last 15-20 minutes?
- What question do we most need to address in the next period of our discussion?
- What new perspective or interpretation was suggested for you in the last 15-20 minutes?
- What assumptions that you hold about this topic were confirmed in the last 15-20 minutes?
- What assumptions that you hold about this topic were challenged in the last 15-20 minutes?

Give participants 3-5 cards to keep track of ideas or insights. Invite response before proceeding with the discussion.