

Scrupling

Scrupling is an old Quaker practice. When faced with difficult issues such as human rights, war and slavery, Quakers sat with neighbours to listen, share and search for ways to respond, each within their own responsibilities.



Respectful and non-confrontational sessions are off the record. They're not a debate. Purpose is to share perspectives and try to find solutions that everyone can support.

Scrupling is process-based, not issues-based - The focus is on the process problems that prevent issues from being discussed and resolved.

Session begins in thoughtful silence, and there is silence between speakers.

No formal introductions as you stand to speak, you state your name and how this issue is connected to you.

Follow-up: meet again to consider the results of the session & insights gained, and to follow up on any proposed actions / initiatives.

Scrupling was revived in 2010 year by Ursula Franklin and the Toronto Friends as an effort to bring a different mode of interaction to the urgent task of rebuilding good and accessible government. Ursula Franklin talks about scrupling in an interview:

https://www.youtube.com/watch?v=AzJyDxI_S30