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LESBIAN
DISCUSSION
GROUP

Topics

21/22
October '21 - July '22

20th October: Discussing the importance of (lesbian) buried histories

27th October: Casual sex and / or sex in relationships

3rd November: 'Question Time': you ask anonymously - the group answers

10th November: Empathy and Compassion

17th November: Your relationships to monogamy and commitment

24th November: Denial: What truths do you prefer to ignore?

1st December: The notion of 'belonging': Do you feel like an outsider, insider or both?

8th December: Communication Blocks: What do you find difficult to communicate and why?

15th December: The experience of 'help' and 'helpfulness'

22nd December: 'Coming out' as we know it - what are your expectations for the future?

5th January: How do you nurture or relate to the notion of hope?

12th January: Songs, poems and/or books that changed your life

19th January: Dealing with rejection and/or loss

26th January: Lesbian stereotypes through the waves of time

2nd February: Making mistakes and the notion of 'failure'

9th February: What is progress or change to you?

16th February: What turns you on and what turns you off?

23rd February: When does free will end and fate (if it exists) begin?

2nd March: What helps you express yourself and why?

9th March: Idealism - what does it mean to you?

16th March: The experiences of falling in and out of love

23rd March: Geek-Out: Which subjects get you talking / do you feel passionate about?

30th March: What can we learn from our bodies and intrinsic instincts?

6th April: The rush of the crush

13th April: Our relationship to spontaneity and routine

20th April: 'Lesbian Bed Death': Fact of fiction?

27th April: Feeling judged and 'doing the judging' - what can we learn from each other?

4th May: Life patterns - what are they and how do you feel about them?

11th May: Icons and role models

18th May: Tales from the workplace - let's talk about productivity and work challenges

25th May: Let's talk about the beginnings and endings you experienced in your lifetime

1st June: The impact of keeping (your sexuality) a secret

8th June: The notion of 'intention'

15th June: Your first love and its significance

22nd June: Bring someone special to the group (everyone welcome)

29th June: The experience of reaching 'rock-bottom' and how to pick up the pieces

6th July: How to navigate cultural differences and/or commonalities

13th July: The concept and experience of vulnerability

20th July: The experience of loving and being loved

27th July: Our relationships to our past and present surroundings