

CARE OUTLOUD REFLECTION GUIDE

Episode 2: The Myth of Neutrality

A companion for contemplation and courage



REFLECT

Where in your professional or personal life have you stayed “neutral” in the face of harm or discomfort?

- What held you back?
- What did that neutrality cost?

When have you chosen presence over silence?

- What shifted?
- What did it teach you about power, connection, or truth?

How does the concept of neutrality show up in the systems you move through?

- Who does it protect?
- Who does it leave behind?

REFRAME

What if care isn’t neutral? What if it was never meant to be?

How does that change the way you show up in your role, your workplace, or your community?

What if being “political” simply means being honest about harm and hopeful about change?

What would change about how you measure your impact?

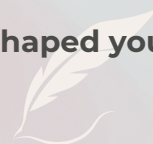
JOURNAL PROMPT

“Neutrality is not care. It’s comfort.

And in trauma-shaped systems, comfort often favors the status quo.”

Write about a moment where speaking up—or staying silent—shaped your relationship to yourself.

What would you do the same or differently now?



ACT

This week, speak one truth you’ve been holding.

- Say it out loud to someone who needs to hear it.
- Write it in a letter you don’t send.
- Share it with your team, your journal, your mirror.

**Big or small—truth makes a ripple.
And presence is the beginning of change.**