

Philosophy Time: Identity and Change

1. Warm-up 5–10 mins

Prompt: *What have you ever fallen out of love with?*

For example, when I was a lad, I loved fantasy books like Lord of the Rings. I'd read them all the time, talk about them, etc, etc. I don't mind these now, but my relationship with them has definitely changed, I'd say it's a thing I loved, but not so much any more.

Participants share aloud or jot down ideas on a post-it or board.

2. Concept Game / Sorting Exercise:

Prompt question for the activity:

Which of these are essential to who you are? Which ones can change without changing "you"?

Sort the following cards into: ESSENTIAL TO WHO I AM -- COULD CHANGE WITHOUT ME CHANGING

- Baby photo
- Wedding day
- A diary from 30 years ago
- My name
- My voice
- My values
- My habits
- My relationships
- My memories

3. Main Question (on the board):

Do we stay the same person throughout our life?

Because last time Maureen said: We've led busy, active lives; being in RAC is a huge difference to how you are and how you thought you'd be, lacking independence, having to rely on others. And Gail added that reflecting on moving from home to care – my meaning of life has changed

Discussion Prompts (for open dialogue):

- *Can people really change?*
- *Are our memories reliable enough to say who we are?*
- *Is the "you" of 10, 20, or 50 years ago still here today?*
- *"I'm still the same me — just with more life behind me." True?*

- Encourage responses to each other, not just to you — perhaps even invite “do you agree with them?” after someone shares.

Closing Reflection (optional):

Ask participants to finish the sentence:

- “One thing that’s stayed the same about me is...”

And

- “One thing that’s definitely changed is...”