

# agency & acceptance



photo: Duygugungor/Pexels

Strong communities are born out of individuals being their best selves  
Leanne Betasamosake Simpson

Existence is a project, and one must act to define it.  
Simone de Beauvoir, *The Ethics of Ambiguity*

There is agency in accepting another person's autonomy  
Lynn Harrison

- In what situations do you have a stronger (or lesser) sense of agency? What influences or impacts your sense of agency?
- When and how and does your identity impact your sense of agency?
- What does agency feel like in your body?
- Where or with whom do you find it easiest to practice acceptance and where is it more difficult? What makes these situations different?
- Where could you most use acceptance right now (yourself, a relationship, a situation...) and what might this look like?

How do we practice agency in our personal circumstances or as groups in society? What systemic factors make our agency possible (or limit it)? What does acceptance of others look like, and how can it be life-giving?