Homework to Prepare for Class Three:
Building Muscle Over Time

1. When you imagine some of the bolder actions described in this class so far, what feelings come up for you?

2. Think back to a time when you did something new or scary and felt nervous about it. What helped you to manage your nervousness to take action?

3. Have you had to face fear in your activist work so far? If you are relatively new, what makes you nervous about nonviolent direct action?

4. If you are part of an action group, how does your group deal with people's feelings around taking action, especially fear?