Our conversation catalysts are personal, open-ended questions designed to help spark conversation. There are more than you’ll have time to get to, so feel free to cherry pick the ones you feel will resonate the most - or make up your own. Sometimes it takes just three to five juicy questions to keep the conversation flowing.

Episode Four
‘Frame of Reference’
Host: Hanna, Alix
Time: 59 min 27 sec

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Open Discussion – Let your group guide the discussion
What struck you most about the story? What surprised or moved you? Which character did you relate to most and why? What do you think is the key takeaway or open question of the episode?

Invisible Frame of Reference
The story talks about an idea called the theory of relative deprivation, which is that an invisible frame of reference is what determines happiness. What do you think about this idea? What is an example of a frame of reference from your life?

Navigating Hidden Senses
Kim’s brain is not good at seeing emotional subtleties. What surprised you or made you curious about her story? Do you relate to it? How? Has there ever been a time where you were misled by your senses? To what extent do our senses limit our perception of our lived experiences? If you were in Kim’s situation, would you want to have seen what she saw? Why or why not?

Misfortunes, microaggressions and...mangoes?
What struck you about Hasan Minhaj’s experiences with his dad? In what ways do our parents’ struggles affect our frame of reference? Minhaj says, “Depression is a luxury for the wealthy.” What are your thoughts on this statement? Do you have your own frame of references? What are they? How do they affect your outlook on life?