



DEEP EKO LIFESTYLE

DISCUSSION QUESTIONS

1. What is deep ecology, and how does it differ from other approaches to environmental sustainability?

How does it emphasize our connection to nature compared to more traditional environmental efforts?

2. The concept of deep ecology suggests that we need to "fix ourselves" before we can fix the environment. What does this mean to you?

How can changing our perceptions about Earth and the universe lead to more sustainable living?

3. Deep ecology emphasizes spiritual connections with nature. In what ways do you think spirituality can influence our approach to environmental issues?

Do you believe that a spiritual connection to nature could change how people treat the environment? Why or why not?

4. The idea of ecological living often requires sacrifices in personal comfort for the sake of the planet. What challenges might arise from this, and how can they be addressed?

Are there specific changes in lifestyle that you would be willing or unwilling to make for ecological living?

5. Deep ecology promotes the belief that humans are fundamentally connected to everything in nature. How can this belief shape our daily actions and decisions?

Can you think of ways in which this understanding of connection could be promoted in your community or school?