



Principles:

1. The goal of the groups is keep people using the Tools. It's not a therapy group, nor is it designed to uncover the causes of people's problems.
2. There should be no cross-talk during the meetings. This includes interrupting, giving advice, or making a judgment about what another person has said. You're not there to tell anyone else what to do. The best way to help another member is to limit your comments to a description of your own efforts and experiences using the Tools.
3. The groups are entirely self-supporting and self-governing. Each group can decide its own size and the frequency of its meetings. It's not a hard and fast rule, but we recommend that the meetings be limited to one hour.
4. The groups are meant to be free of charge. No one should derive any profit from them.
5. The groups are meant to be non-hierarchical. The job of the leader is simply to keep the meeting going according to the protocol. The leader should rotate on a regular basis.
6. To make it safe for members to share personal information, strict confidentiality should be observed.

Recommended Protocol for the Meeting:

The meeting starts with the leader reading out loud the Tool that has been chosen ahead of time as the focus of the meeting. Participants then use the Tool silently on whatever situation they choose.

Going around the group, one-by-one, each member should report any positive experiences they had while using the Tool during the week (including if they used it in some novel way). This encourages people to start on a positive note and also encourages them to think of new ways to use each Tool.

Now go around the group again, this time each person describes any difficulty they had using the Tool. Examples might include “I forgot to use the Tool at a key moment,” or “I used the Tool to get myself to do something difficult but I chickened out.” The group listens, but they don’t respond.

The leader selects a volunteer to go more deeply into the difficulty they had, explaining (if they can) what went wrong and why. Once that person is finished, anyone is allowed to respond, but only from their own experience (for example, “When I was in that situation here’s what I did, and it helped.”) If anyone knows a passage from the book that might be relevant to the problem being shared, it can be read at this time. (This entire process can be repeated with someone else if time permits.)

Together, the group decides whether to use the same Tool in the upcoming week, or pick a new Tool.

Once the Tool is chosen, each person commits to the group to use the Tool on a situation they’ve picked. Committing out loud in front of others is highly motivating.

The leader walks the group through the steps of the Tool. Although each person is applying it to their individual situation, the goal is to generate a force of collective commitment that each person can tap into during the week.