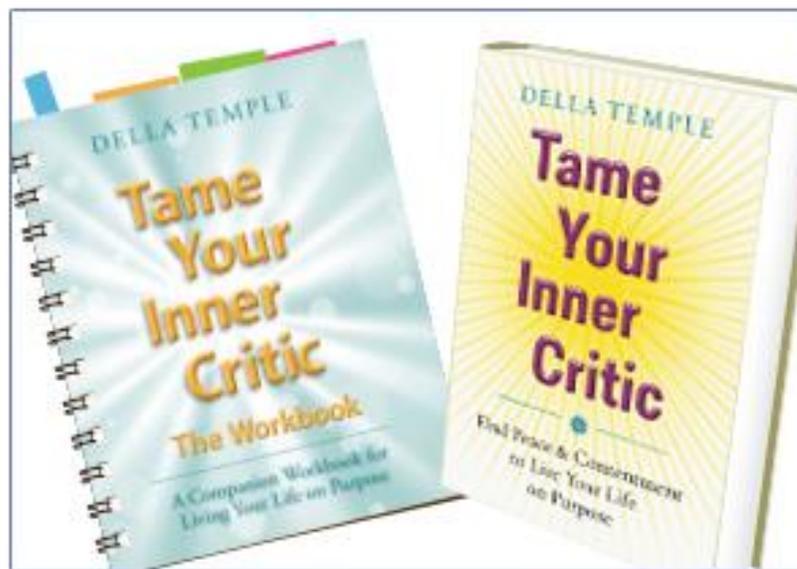


Tame Your Inner Critic

Find Peace & Contentment to Live Your Life on Purpose

Book Club Facilitator's Guide



Della Temple

Hello!

First of all, I want to thank you for your enthusiasm and willingness to facilitate a *Tame Your Inner Critic* book group. Facilitate means “to make easy.” Your job is simply to make your group time an enjoyable and helpful experience for everyone – including yourself.

Think ease, not effort. Think happy and light, not tight and tense. It’s all about the be-ing, not the do-ing. You will do great, I promise! There’s no right way or wrong way to lead a group. Your way, the way you feel most comfortable, is the best way.

So relax – have fun and share your enthusiasm with others. After all, thoughts and feelings travel and they’re sticky. How you think and feel will magnetize to you others who feel the same way. So step out there – put a flyer up – call up your friends - invite them to join you in taming the inner critic and finding the peace and contentment we all desire.

The book *Tame Your Inner Critic* is twelve chapters long. It could be that you choose to stay together as a group, and work through the whole book chapter by chapter. It could be that you don’t. You get to choose. As a first step, I suggest that you get comfortable with the energy tools presented in the first three chapters. Then as a group, you can choose to develop a system that works for you.

With that in mind, I’ve given you my thoughts on all 12 chapters. But after the fourth meeting, when you have your Statement of Being written and feel comfortable tapping and blowing roses, you may choose to skip among the chapters. *Your book group, your choice!*

Above all – play, laugh, have fun and learn together. It’s the best way that I know to tame the inner critic and live a life full of peace and contentment.

Della

P.S. Additional resources are located on my website: [dellatemple.com](http://www.dellatemple.com).
(<http://www.dellatemple.com/tame-your-inner-critic-2/book-group/>)

You're excited and ready to begin – now what? Here are a few ideas:

What's the purpose of a Tame Your Inner Critic study group?

For everyone involved to:

- Gain practical tools to improve their lives
- Form relationships with like-minded people
- Grow spiritually

Where can we meet?

- Public places—Bookstore, coffee shop, community room, library or any public meeting room, or restaurant
- Virtual ideas—Skype, conference calls, Google chat
- Someone's home

How often do we meet?

- You may choose to do all 12 chapters over a year's period, or cover just the first three chapters in four meetings
- You may choose to meet weekly or monthly
- The book group guide is flexible - all twelve chapters are outlined, but you can skip around among chapters (Suggestion: follow the reader's guide for the first four meetings, then as a group decide how to move forward)
- It's your group; you get to decide

How can we get people to come?

- Put up a flyer in your local coffee shop – See sample online at dellatemple.com
- Call your friends; invite them to invite their friends
- If you are a member of an existing book group, talk it up
- If you are a member of an organization that has subgroups – form one around this book

Where do we purchase the books?

- Local bookstores (If they don't have a number on hand, you can ask them to order some)
- Online bookstores like Amazon.com
- Online at dellatemple.com [LINK](#)

Plan ahead for meetings

- Make copies of discussion guides to give to those attending
- Electronic versions of the guides are available to download or print on the website
- Set up the room in advance if necessary. Sitting in a circle or semi-circle creates an informal, comfortable atmosphere that helps people relax.
- Try to involve everyone in the discussion. You will have people that love to share and those that don't. Respect each person's communication style, while making sure that those that want to contribute feel comfortable doing so.
- Start on time and end on time.

What about covering your expenses?

- You can ask for donations to help cover the cost of refreshments, copying the discussion guides, etc.
- People often like to contribute, so don't hesitate to ask.

Don't feel constrained by the chapter guidelines. Use them to help create an atmosphere of fun and ease. Remember that this is all new territory (to you and others in the group). Remember to laugh, be in joy not effort, and to bring a sense of fun and play to each session.

While I hope every chapter of this book will generate a lively discussion in every group, I know that some chapters will be greeted with more enthusiasm than others.

You may choose to use the companion workbook, (available at Amazon or dellatemple.com) but it is not necessary. Probably some people in your group will have purchased it, others will do the exercises in their journals. Remind people to bring their journals or their workbooks with them to each meeting.

Thoughts on how to facilitate a meeting:

Get the ball rolling –Each meeting guide is set up in four parts: a brief summary of the main points of the chapter, sample discussion questions, an activity to do together, and some thoughts on how you might want to share your experiences individually in tweets or Facebook posts. To get the ball rolling at the beginning of every meeting, you may choose to read the bullet points of the chapter first and ask each person to share their initial thoughts on the chapter. This will also give you a sense of what the members of the group think is important or interesting.

Discussion Questions – Each meeting summary lists some sample discussion questions. You may choose to work through them all, just some of them, or better yet ask the group members to come prepared with their own questions and discussion ideas. Some groups may choose to use the fishbowl technique: everyone writes their questions on pieces of paper and places them in a bowl in the center of the table. Questions are pulled randomly out of the bowl and answered in round robin fashion. Another effective way to keep the discussion going is to refer to the questions and exercises in the companion workbook.

During the discussion:

- Make sure all members of the group have the chance to speak (some may not want to say much, but all should be given the opportunity).
- Getting off topic is natural; one thing leads to another and pretty soon the discussion is far afield. As facilitator, this is the time to gently guide the group back to the topic at hand.
- If necessary, make it clear that in a book discussion group everyone's opinion is of equal value. Remind them of the example on page 85 of the book about the blind men and the elephant. We all see different parts of the same whole.

- Customize the discussion to your group – go with the flow. If the group wants to spend three weeks on the tools, that’s OK. Each group will come up with its own way of being. Your job is to facilitate this organic blossoming.

Play – Activities are a great way to bring some fun and laughter to the group energy. Each meeting guide has a suggestion for a fun way to play together. Be sure you leave enough time during each meeting to share this way. Laughter and ease are the new rules of engagement. As facilitator, review the play activity prior to each meeting so you become familiar with it and as always, if you want to adapt it in new way – please do so! This is offered as a guide, not a rulebook.

Share – There are two parts to the share section: one is a share within the group, the other is a way to share your experiences with those outside of the group. The “inside share” is pretty self-explanatory. It’s another way to have people open up to the group about their experiences, creating that magical bond that holds the group energy. The second part of the share section is spreading the energy beyond your group. Encourage your members to tweet and post about their experiences. Remember that thoughts and feelings travel. (Even by tweet!) What we put out is what we will get back. As we share about our fun experiences we magnetize to us more energies that vibrate on the same frequency of fun. And who wouldn’t want more of that!

Final thoughts:

Some group facilitator’s like to open each meeting with a grounding and centering meditation. If this is something you would like to try, a sample is on the website: dellatemple.com.

If you feel comfortable, you may take on more of a teaching role. If this is your choice, then from the onset, design it that way.

Each group will develop its own personality. Some groups may want to be more feeling oriented while some may want a more task oriented focus. Some will want to work through the exercises one by one, others want to spend more time talking about the meditations. As a facilitator your role is to allow the dynamics to unfold while keeping the group moving forward.

Remember there’s no final exam!

Each person is on their own journey of discovery. As we come together to celebrate our growth and change, we help each other integrate and validate new ways of being. What a gift we give to each other – just by sharing and being together!

Many blessings!
Della