

Expert Giver Group Starter Kit

Everything you need to start and run an Expert Giver Group —
on your own, anywhere, for free.

Mission Statement

The purpose of Expert Giver Groups is to provide a process led by humility and accountability, which removes the blocks of resentment, anger, and unforgiveness, then enabling love, service, and forgiveness as the means to advance human evolution—regardless of your age, gender, race, economic status, religion, or political beliefs.

*There are no dues or fees. Each group is fully self-supporting and autonomous.
No religion, belief system, or book is required. Expert Giver Groups stand on their own.*

This kit may be freely copied, printed, shared, translated, and distributed by anyone, anywhere, at no charge.

www.ExpertGiver.com

What Is an Expert Giver Group?

We are becoming more and more divided, separated, and isolated from each other. Many of us do not have the kind of genuine connections that we all long for. We want to connect, but don't know how, or where to do it.

Expert Giver Groups are fellowships of men and women who share their experiences, strengths, and hopes with each other with honesty, open-mindedness, humility, and a willingness to become less selfish, striving to live by the Golden Rule: *Do unto others as you would have others do unto you.*

The Seven Steps of Expert Giver Groups provide the tools needed to identify and remove the blocks in the way of individuals becoming of service to others, which leads to true peace and happiness.

The foundation of the Seven Steps comes from the proven core methods of Alcoholics Anonymous—personal inventory, accountability, forgiveness, amends, and service—condensed into seven steps for everyone, whether or not addiction has ever been part of your life. Expert Giver Groups are not affiliated with AA or with any other organization.

Open to everyone. In the Seven Steps, "God" and "Higher Power" are never mentioned. This allows a place for everyone to work through the steps, regardless of their beliefs. There are no religious or political requirements of any kind. The only requirement for membership is the desire to become an Expert Giver.

There are no dues or fees for membership. Each group is fully self-supporting through the voluntary contributions of its own members. Expert Giver Groups do not engage in public controversy, and neither endorse nor oppose any causes.

How to Start a Group — Quick Start

Anyone can start an Expert Giver Group. You do not need permission, training, credentials, or money. You need this kit, a time, a place, and at least one other person.

- 1. Read this kit.** Especially the meeting scripts, the Seven Steps, and the Ten Guidelines. That is all the training required — the scripts run the meeting for you.
- 2. Pick a time and place.** A living room, a library or community-center room, a church hall, a coffee shop corner, or a free video call (Zoom, Google Meet, etc.). Weekly, at the same time, works best. One hour is the suggested length.
- 3. Take the three service roles temporarily.** When you start a group, you initially act as Chairperson, Secretary, and Treasurer. Once the group has three or more members, divide these roles up. All roles are voluntary, temporary servants of the group — they do not govern. An online group has no rent and no expenses, so it collects no money and does not need a Treasurer. The online meeting is supported by the person starting the meeting, until they ask to be relieved of the position of meeting starter and request a volunteer to take over.
- 4. Announce the meeting.** Post the day, time, and location anywhere people will see it: community boards, local Facebook groups, neighborhood apps, a flyer at the library. Include one line: "Expert Giver Group — a free weekly meeting for becoming less selfish and more unconditionally giving and forgiving. All welcome."
- 5. Hold the first meeting using the scripts.** Read the Opening word for word, pick a topic (any of the Seven Steps is a good first topic), let everyone share, and read the Closing. That's a complete meeting.
- 6. Pair up as mentors.** In a brand-new group, no one has completed the Seven Steps yet — so participants pair up and mentor each other, meeting weekly to work through the steps together.
- 7. Set a monthly business meeting.** At the first meeting, propose a date and time for a monthly business meeting, open to all members, where service roles are filled and group decisions are made by majority vote.
- 8. Keep it going and let it grow.** Rotate the Chairperson role so the group never depends on one person. When members finish the Seven Steps, they mentor newcomers — and some will start new groups of their own.

The two-person rule: the moment two people meet with this kit and the desire to become Expert Givers, an Expert Giver Group exists. You are a member if you say you are.

Meeting Format & Scripts

A meeting has three parts: the Opening (read aloud), sharing on a topic, and the Closing (read aloud). Suggested length: one hour.

Read at the Beginning of the Meeting

The Chairperson reads aloud: the Mission Statement (page 1), the Seven Steps — Short Form, and the Ten Guidelines — Short Form (following pages). Then continues:

This meeting is from (starting time) to (ending time).

If you have a cellphone, please silence it.

(Each person says their name and how long they have been attending the meetings.)

Everything said here in the group meeting, and outside from member to member, must be held in confidence.

At this time, we break briefly for the seventh guideline, which states that "Every Expert Giver Group should be fully self-supporting, declining outside contributions." We have no dues or fees required. A basket is passed to cover the expense of rent. *(If rent is necessary — none collected if space is donated. Pass the basket.) (In-person meetings only. An online meeting has no rent and no expenses — nothing is collected and no basket is passed. If your meeting is online, skip this part.)*

The topic for this meeting will be _____.

(The Chairperson briefly shares about the topic, then invites the members to share. Topics may include one of the Seven Steps. Ask members to keep shares to a time limit in consideration of the size of the meeting — a volunteer with a phone timer can help.)

Read at the Close of the Meeting

I would like to say that the opinions expressed here were strictly those of the individuals who gave them. Take what you like and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of these rooms.

Let there be no gossip or criticism of one another.

Please join me in closing...

(Stand up, hold hands, and repeat together, line by line:)

I will do my best
in all circumstances
to be kind, patient, tolerant,
humble, unconditionally giving, and forgiving
with everyone.

So be it.

The 7 Steps of Expert Giver Groups (Short Form)

Step 1: Finding a Mentor in an Expert Giver Group with the Goal of becoming less Selfish and more Unconditionally Giving and Forgiving.

Become humble and teachable, by finding a mentor in an Expert Giver Group and by committing to being honest and accountable to that person.

Step 2: Completing Your Five Personal Inventories and Reviewing them with Your Mentor.

As you complete each of the five personal inventories, arrange a meeting with your mentor to humbly and honestly go over each one together, being open to feedback that helps you to see things that you could not see on your own.

- (a) **Resentments and Anger:** We examine our anger and resentments toward ourselves and others to remove them.
- (b) **Unforgiveness and Hatred:** We practice forgiving ourselves and other people who have hurt us.
- (c) **Our selfishness, inconsideration, dishonesty, and jealousy:** We determine where these exist and remove them from our intimate relationships.
- (d) **Fears:** List them with instincts affected.
- (e) **Character Defects:** We examine which ones we have to start removing them.

Step 3: Share what you feel guilt or shame about with your Mentor or a Priest.

Step 4: Making a List of Amends and Reviewing It with Your Mentor.

Make a list of amends that you owe to others and review the list with your mentor.

Step 5: Making Your Amends.

After you review with your mentor which amends to make and how to make them, start making those amends.

Step 6: Continue Taking Your Personal Inventory and Promptly Admit When You Are Wrong.

Continue reviewing your resentments, unforgiveness, intimate relationships, fears, character defects, and conditional giving—promptly admitting when you are wrong, and making amends immediately when you cause harm to others.

Step 7: Mentoring Others.

Offer to become a mentor for others who are willing to go through the above steps. Be as unconditionally giving as you can in service to others. Be open to starting an Expert Giver Group in your area.

The Ten Guidelines of Expert Giver Groups

1. Our common welfare comes first. Personal development depends on the unity of the group.

Unity is priority. Personal ambitions should never interfere with the group, and no individual has the authority to punish or expel any other member.

2. Leaders in Expert Giver Groups are trusted servants; they do not govern.

The Chairperson leads general and business meetings. The Treasurer banks basket contributions, pays rent and bills, and reports monthly (in-person groups only — an online group has no expenses and needs no Treasurer). The Secretary takes business-meeting notes, keeps the member contact list, and posts meeting notices. All positions are voluntary and temporary, with term limits decided at the first business meeting.

3. The only requirement for membership in an Expert Giver Group is the desire to become an Expert Giver.

You are a member if you say you are. No one may be refused. There are no religious or political belief requirements, and no membership regulations of any kind.

4. Each Expert Giver Group is autonomous.

Every group manages its affairs exactly as its members please, affiliates with no one, and answers to no other authority.

5. The purpose of each Expert Giver Group is to support the methods and content provided by the 7 Steps.

6. An Expert Giver Group should never offer or lend the Expert Giver Group name to any facility or outside enterprise.

A group should never go into business of any kind.

7. Every Expert Giver Group should be fully self-supporting, declining outside contributions.

Groups are supported only by voluntary contributions of their own members; there is no public solicitation of funds. The Treasurer keeps only a prudent reserve (a suggestion: two months' rent), decided by majority vote at the first business meeting. When the reserve is met, collections pause. This applies to in-person meetings, which may have rent to cover. Online meetings have no rent and no expenses, so online groups collect nothing and hold no funds — being fully self-supporting costs them nothing.

8. Expert Giver Groups should remain forever voluntary and nonprofessional.

Trusted servants and mentors are never paid, and members never pay other members for anything related to the Seven Steps.

9. Expert Giver Groups have no opinions on outside issues, so the name Expert Giver Groups should never be drawn into public controversy.

Groups never take sides in any public controversy. The meetings' primary focus is the 7 Steps; religious and political debates are avoided in meetings.

10. At general meetings, there is to be no discussion of outside business of any nature.

At business meetings, the discussion is confined to the group's business. Business meetings may run on Robert's Rules of Order — a simple, formal way to keep meetings orderly.

Working the Steps — A Guide for You and Your Mentor

Step 1: Finding a Mentor

To be humble is to admit that you don't have all the answers, and so are teachable and open-minded. Humility is required for honest self-examination and for becoming accountable to others. Humble people can admit when they are wrong; they are not victims who blame others.

Choose a mentor from an Expert Giver meeting — someone who wants to help you grow with no hidden motives, and no strings attached. It is not recommended for people of the opposite gender to mentor each other, because of the possibility of sexual motives entering the picture (a recommendation, not a rule). It is okay to change mentors — follow your gut.

Get a mentor (at least a temporary one) within your first two meetings and exchange numbers. Regular phone contact for the first month and weekly meetings of at least an hour are recommended. In a brand-new group, pair up and mentor each other.

Step 2: The Five Personal Inventories

Keep your inventories private — they are only for you and your mentor to review together. There will never be a perfect time to begin. The first time you have thirty minutes, start. Completing these inventories will be life-changing.

(a) Resentments and Anger

Resentment: bitter indignation at having been treated unfairly. The Resentment Inventory is one table with four columns. Fill in one column at a time:

Column 1 Offenders	Column 2 What Happened / Instincts Affected	Column 3 My Part	Column 4 Forgiveness
Everyone you hold a grudge against: family, bosses, exes, institutions...	What they did, and which instincts were threatened: Financial, Personal, or Emotional Security, and/or Sex.	Your part in causing their reaction — your fault, not theirs. If you had no part, write "Forgiveness."	For resentments where you played no part, practice the forgiveness exercise below.

For Column 3 (My Part), ask: Was I taking advantage, or expecting too much? Did I make demands they never agreed to? Did they set a boundary I didn't like? What did I do first? Did I threaten their instincts for sex or security? Did I lie, cheat, or steal? What could I have done differently?

Resentments are poisons hurting you, not the people you are angry at.

(b) Unforgiveness and Hatred — the Forgiveness Practice

When a thought comes into your head about someone you dislike, hate, or resent, say in your mind or out loud:

"I completely forgive you (name); I break the chain of hate that links me to you; may peace and love be with you; you are free; and I am free."

When thoughts of them come up again: *"I have forgiven you; and may peace and love be with you."* Repeat every time, and at some point all hatred and resentment will have disappeared completely.

Then forgive yourself: *"I forgive you (your full name); may peace and love be with me; I am free."*

When past guilt returns: *"I have forgiven myself for that; may peace and love be with me; I am free."*

As Nelson Mandela said, "Resentment is like drinking poison and then hoping it will kill your enemies." Forgiveness releases the anger, hate, and guilt that block unconditional love. The only thing you need is the willingness to do it.

(c) Intimate Relationships

List previous intimate partners by first name or initials (no sexual details needed). For each, write: How was I selfish? Dishonest? Inconsiderate? How did I create jealousy? What could I have done differently?

(d) Fears

Write a numbered list of all your fears, and relate each to the instinct affected — Financial Security, Personal Security, Emotional Security, and/or Sex. Example: "Fear of losing my job (Financial, Personal, and Emotional Security)." Fear drives our insecurity of never having enough; naming fears loosens their grip.

(e) Character Defects

Write out how each of these appears in your life today, with examples of who and why: **Greed**, **Jealousy**, **Envy**, **Doubt**, **Worrying**, **Revenge**, **Sloth**, **Gluttony**, **Lust**, **Controlling**, **Pride** (negative pride — vanity and superiority — versus positive pride of humble service), **Conditional Giving** (giving with expectations of money, sex, or control in return), and **Use of Bad Drugs** (drugs that increase selfishness — narcotics, opiates, meth, cocaine, excessive alcohol).

Step 3: Share What You Feel Guilt or Shame About

Tell your mentor any secrets you feel shame or guilt about. "You are only as sick as your secrets" — sharing them with one person takes away most of their power. If a secret involves a crime, describe it in general terms, or share it anonymously with a priest.

Steps 4 & 5: Amends

Build your amends list from Column 3 (My Part) of your Resentment Inventory, your Intimate Relationships list, and anyone else you harmed by lying, stealing, or cheating. **Important:** do not make any amends yet — first review the entire list with your mentor and decide together which to make now,

which later, and which not at all. Never make an amends that causes further harm to anyone.

Amends may be face-to-face, by phone, by e-mail, anonymous, financial (repay immediately or start a payment plan), or a "living amends" — a resolve to never repeat the harm, when contact itself would cause harm. Then begin without delay, with courage.

Step 6: Daily Personal Inventory

At the end of each day, review: (1) new resentments — anything to forgive or amend; (2) selfishness, dishonesty, inconsideration, or jealousy in intimate relationships; (3) new fears and the instincts affected; (4) character defects that showed up; (5) your giving today — was it unconditional, or did it have strings attached? Go over your daily inventories with your mentor weekly.

Step 7: Mentoring Others

Offer to guide others through the steps. Be as unconditionally giving as you can in service to others — and be open to starting an Expert Giver Group in your area. That is how this grows: one person, one group at a time.

Frequently Asked Questions

Do I need permission to start a group?

No. Every group is autonomous. If you and one other person meet using this kit, you are an Expert Giver Group.

Does it cost anything?

No. There are no dues or fees. In an in-person meeting a basket may be passed only to cover the group's own rent, and only if the space isn't donated. Online meetings collect nothing at all.

Is this religious?

No. The Seven Steps never mention God or a Higher Power, and groups have no religious or political requirements. People of all faiths and no faith work the steps side by side.

Is this AA? Do I need to be an addict?

No. The Seven Steps adapt core methods proven in Alcoholics Anonymous — inventory, accountability, forgiveness, amends, service — for everyone. Expert Giver Groups are not affiliated with AA or any organization, and addiction does not need to be part of your story.

Can meetings be online?

Yes. A weekly video call with the same scripts is a full Expert Giver Group meeting.

What if only two of us show up?

Perfect — that's a meeting. New groups start small, and members pair up to mentor each other.

Can I copy, translate, or reprint this kit?

Yes. Please do. This kit may be freely copied, shared, translated, and distributed by anyone, at no charge, so that anyone anywhere can start a group.

Find meeting information and this kit at www.ExpertGiver.com