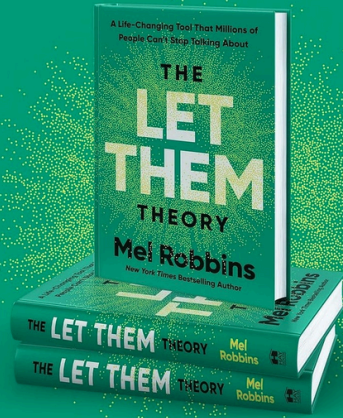


READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 4

CH 7-10

EMOTIONAL
REACTIONS + ENDING
COMPARISON

READING COMPANION

Think about these questions as you read. Journal the questions and “ah-ha” moments that come up for you

Chapter 7: Trusting Yourself



“First, it's never your job to manage another adult's emotions... their inability to process normal human emotions like sadness, insecurity, disappointment, anger, fear, and rejection is not your fault.”

“But you can always choose what you think, say, or do in response to other people, the world around you, or the emotions that are rising up inside of you. That's the source of all your power.”

“The more you practice listening to yourself, the louder your inner voice becomes.”

The LET THEM THEORY by Mel Robbins



When was the last time you trusted your instincts or inner voice? What was the outcome, and how did that make you feel?



What stories do you tell yourself that might prevent you from trusting your own judgment? How might you reframe those stories to empower yourself?

Chapter 8: The Courage to Let Go of What Doesn't Serve You



"You have to be able to separate yourself from your emotions and the emotional reactions of others when you're determining the right decision to make"

The LET THEM THEORY by Mel Robbins



What is something in your life (a habit, story, or situation) that no longer serves you, but you're still holding on to? What is the underlying fear keeping you attached to it?



How do you distinguish between fear of change and true intuition telling you to let go of something?



How do you react when someone misunderstands you—and what would "let them" look like in that moment?

Chapter 9: Yes, Life Isn't Fair



"The problem isn't the tendency to compare. The problem is what you're doing with the comparison that matters."

"Life isn't fair. And that's actually good news, because if life were fair, you'd get exactly what everyone else gets. Your unfair advantages are waiting for you to claim them."

The LET THEM THEORY by Mel Robbins



What comparisons do you unconsciously make that cost you peace?



How would you reframe someone else's success as evidence of possibility, not deficiency? Give an example.



How might you lean into gratitude or abundance in unfair circumstances?

Chapter 10: How to Make Comparison Your Teacher



"Flip your jealousy to inspiration. See what's possible through their example. The people you compare yourself to act as mirrors, reflecting back bigger possibilities."

The LET THEM THEORY by Mel Robbins



What are you jealous of?



How can you use "Let Them" to free up the energy and creativity within you, so that you can use "Let Me" to express what is your unique gift and talent?



What emotions come up for you when you allow others to make choices you don't agree with?

SMALL GROUP GUIDE

Small Circle Agreements

Confidentiality

I help create a safe environment by maintaining confidentiality.

Right to Pass

It is okay not to share.

"I" statements

I speak for myself and remember that I can never know someone else's experience.

Change your mind as often as you like

Stay open to new ideas and new revelations from our shared wisdom.

Be Present

I listen to others compassionately, respectfully, and appreciatively.

Notice our own reactivity and assume good intentions

We take responsibility for our own reactions and meet each other with love.

Advice-free zone

I practice sacred listening and refrain from giving advice.

Opening Affirmation: *I am one with the infinite flow of wisdom. I trust my inner wisdom and respond with ease and confidence.*

- Check-in:**
- What boundary did you set? How did it feel?
 - Share a moment when you let someone think what they wanted about you
 - How did your stress levels shift when you stopped trying to control?

- Discussion Questions:**
- For each chapter, what stood out for you?
 - Pick a question from the reading companion and share your answer
 - From the book /Sunday talk - what inspired, frustrated, confused or clarified something?

Week 3: Managing Stress + Overcoming Fear of Opinions

Closing: *Each person say one positive takeaway from the group meeting today.*

Closing Affirmation: *I rejoice in another's successes and trust in my inner strength and guidance.*



This Weeks' Practice

- ✓ **Trust Building Morning Practice (3 minutes)** Each morning, ask yourself: "What does my intuition want me to know today?" Write the first thing that comes.
- ✓ **Self-Trust Wins Journal (2 minutes evening)** Every time you trust yourself and it works out, write it down. Build your evidence file.
- ✓ **Comparison Flip Exercise (5 minutes when jealousy arises)** Complete this: "I'm jealous of _____ because I want _____. One step I can take toward MY version of this is _____."
- ✓ **Courage Action (daily)** Take ONE small action from a place of self-trust, even if you're scared. Track it.



- When doubting yourself, ask: "What would I do if I trusted myself completely?"
- Use jealousy as a compass pointing toward your unexpressed desires
- Practice: "Their success doesn't diminish my potential"