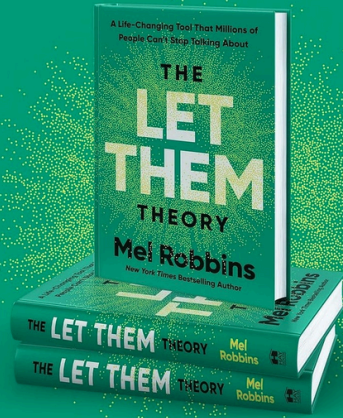


READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 2

CH 1 & 2

STOP WASTING YOUR
LIFE+ THE TWO PART
APPROACH



"Learning how to push yourself to take action when you are afraid or full of self-doubt or overwhelmed with excuses is a life skill you can learn. Once you master it, you'll understand that you can achieve anything through small, consistent moves forward."

"No matter how hard you try, you will never be able to control or change another person. The only person you are in control of is you. Your thoughts, your actions, your feelings."

The LET THEM THEORY by Mel Robbins

READING COMPANION

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



In what areas of your life do you feel you are trying to control outcomes or people?



What areas of your life do you have unnecessary stress, tension and friction?



What would you change if you consciously let go more!



"The fact is, none of that 'control' actually makes you feel better. In fact, it has the opposite effect. Trying to control people and situations doesn't calm your fears. It amplifies them."

The LET THEM THEORY by Mel Robbins

READING COMPANION

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



What is happening when you are unwilling to say “LET THEM”? What are the conditions and experiences?



Reflect on a recent conflict or disappointment; how might “LET THEM + LET ME” have shifted your response?

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 open & willing to let people and situations be as they are and live from my own inner compass.*

- Check-in:**
- What patterns of control did you notice this week?
 - Where does your need to control come from?
 - What felt surprising about simply noticing?

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

Week 2: Stop Wasting Your Life + The Two-Part Approach

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

Closing Affirmation: *I release my need to control people or situations. I let them be them and I let me be my best self.*

This Weeks' Practice



Pause, LET THEM, Proceed (throughout the day). Before reacting to someone, pause and breathe, say "Let Them" to yourself silently, proceed with your response as needed.



Practice LET THEM with one specific person or situation all week. Notice what shifts.

Read Chapters 3-6 for next time



- Create a phone wallpaper or sticky note that says "LET THEM" as a visual reminder
- When you catch yourself trying to control, say out loud "LET THEM"
- Start using LET ME statements to redirect your energy back to yourself