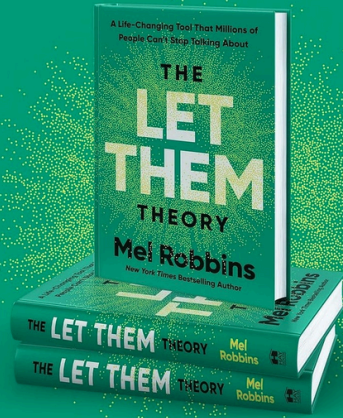


READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 3

CH 3-6

MANAGING STRESS
+ OVERCOMING
FEAR OF OPINIONS

READING COMPANION

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

Chapter 3: Life is Stressful



"The fastest and most effective way to start using the Let Them Theory is to rise above the countless tiny stressors you face every day."

"You're not broken. Your nervous system is doing exactly what it's supposed to do—protect you. The problem is, it can't tell the difference between a real threat and an email from your boss."

The LET THEM THEORY by Mel Robbins



What patterns or triggers reliably push you into automatic stress reactions?



Considering a current stressor, how could you shift your energy from resisting it to responding with intention (Let Me)?

Chapter 4: The Power of Letting Go



"Whatever it is that you plan to do, other people are going to have an opinion about it."

"The more you use the Let Them Theory, the more you'll realize that, underneath this fear, your soul has been nudging you all along in the direction that is meant for you."

The LET THEM THEORY by Mel Robbins



What is one thing you've been holding onto (a belief, an expectation, a person) that is draining your energy?



What would it feel like to let go of your need to control?

Chapter 5 - Let Them Think Bad Thoughts About You



"Whatever it is that you plan to do, other people are going to have an opinion about it."

"The more you use the Let Them Theory, the more you'll realize that, underneath this fear, your soul has been nudging you all along in the direction that is meant for you."

"When YOU are proud of yourself, you hold all the power."

The LET THEM THEORY by Mel Robbins



Which negative opinions of you do you secretly care about? What would change if you let them think whatever they want?



How might you practice compassion toward someone whose opinion you fear, without giving away your self-respect? How can you practice self-compassion in this situation?

Chapter 6: Boundaries are Your Responsibility



"By learning to focus on what you can control—your thoughts, your actions, your energy, your healing—you unlock the power to change not only yourself but the world around you."

The LET THEM THEORY by Mel Robbins



Which negative opinions of you do you secretly care about? What would change if you let them think whatever they want?



How might you practice compassion toward someone whose opinion you fear, without giving away your self-respect? How can you practice self-compassion in this situation?

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

Check-in:

- Share one "Let Them" win from the week
- What was hardest about letting go this week?
- How did the "Let Them + Let Me" formula change your perspective?

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: *Today, I release my expectations and reactions, and I hold myself with kindness and self-compassion.*



This Weeks' Practice

- ✓ **The 5-4-3-2-1 Interrupt (when stressed):** When stress hijacks you, countdown 5-4-3-2-1 to interrupt the pattern, then choose your response using "Let Them" or "Let Me."
- ✓ **The Boundary Statement (5 minutes daily):** Write one boundary you need using this format: "I will _____ (your action), even if they _____ (their reaction)."
- ✓ **Opinion Freedom Exercise (daily):** Do ONE thing today without explaining or justifying it to anyone. Practice being proud of yourself.
- ✓ **Letting Go List (3 minutes evening):** Write one thing you're choosing to let go of today. Notice the relief.

Read Chapters 7-10 for next time



- Practice saying: "I'm comfortable with them being uncomfortable with my boundary"
- Remember: Setting boundaries is an act of self-respect, not selfishness
- Others' opinions are data about them, not truth about you