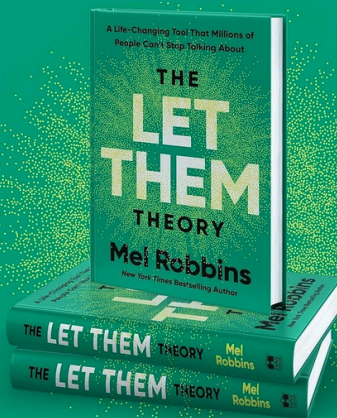


READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 5

CH 11-13

MASTERING
ADULT
FRIENDSHIP

READING COMPANION

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

Chapter 11: The Truth No One Told You About Adult Relationships



“Friendships aren't failing—they're evolving. You're not losing people; you're making room for the relationships that match who you're becoming.”

The LET THEM THEORY by Mel Robbins



Where does your sense of self-value come from?



What would shift if you chose to see others' behavior as a reflection of them, not of you?



Where are you holding on to resentment that could be lightened by letting people be who they are?

Chapter 12: Why Some Friendships Naturally Fade



“People come and go, and scatter in different directions, and change their lives, and grow into who they are meant to become, every single one of the three pillars of friendship changes: proximity, timing, and energy. And that is why adult friendships require flexibility. That’s why it’s usually not personal when people come in and out of your life.”

“Before you walk away from a friendship, assume good intent on the other person’s part.”

The LET THEM THEORY by Mel Robbins



What unspoken expectation do you have for your relationships?



What is preventing you from being flexible, compassionate, or allowing people to come and go?



What stories keep you from saying "no" or standing firm in your truth?

Chapter 13: How to Create The Best Friendships Of Your Life

“Using the Let Them Theory, start creating connections without any expectations. You go first... One awkward conversation at a time, you will find your people.”

The LET THEM THEORY by Mel Robbins



When have you been surprised by how much freedom came from letting them?



How do you know the difference between helping out of love and helping out of control?

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 rejoice in another's successes. I trust in my inner strength and guidance and I celebrate my successes.*

Check-in:

- Share one moment when you trusted yourself this week
- How did the comparison flip exercise change your perspective?
- What courage action did you take?

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?

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

Closing Affirmation: *I release my need to control my relationships and allow them to show up moment by moment. I breathe into my sense of Self and I am grateful.*

This Weeks' Practice

- ✓ **Friendship Inventory (10 minutes mid-week)** List your current friendships. For each, ask:
 - Am I trying to force this to be something it's not?
 - Am I showing up authentically?
 - Is this relationship in a different season now?
- ✓ **Release Ritual (once this week)** Write one resentment about a friendship on paper. Tear it up or burn it safely. Let it go.
- ✓ **Authenticity Check (daily)** Ask: "Did I show up as my real self today, or who I thought they wanted me to be?"
- ✓ **Acceptance Practice (3 minutes)** When friendship disappointment arises, say: "I accept that this friendship is in a different season now."



- Friendships are allowed to change, evolve, and even end
- Your value doesn't decrease based on someone else's inability to see it
- Practice: "I release them with love and make room for what's meant for me"