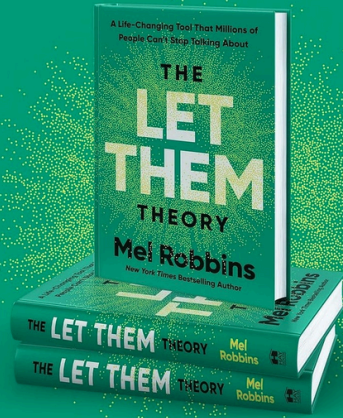


READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 6

CH 14-17

MOTIVATING OTHERS
+ SUPPORTING
STRUGGLING PEOPLE

READING COMPANION

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

Chapter 14: People Only Change When They Feel Like It



"You can't change people. But the moment you stop trying, you change everything about how you show up."

The LET THEM THEORY by Mel Robbins



How might assuming good intentions change the way you engage with others?



Where do you notice yourself jumping to conclusions about people's choices?



What situations in your life call for more curiosity rather than judgment?

Chapter 15: Unlock the Power Of Your Influence



“The whole point is to communicate in a manner that neutralizes any tension and creates the space for positive change to happen.”

The LET THEM THEORY by Mel Robbins



In what relationships do you feel pressure to perform or prove yourself?



List three areas where your comparison steals your joy.



How might practicing “letting them” be an act of love for both you and others, even when it feels difficult to let go of control?

Chapter 16: The More You Rescue, The More They Sink



"When you rescue someone from the consequences of their choices, you rob them of the chance to learn, grow, and become who they're meant to be."

The LET THEM THEORY by Mel Robbins



What habits or patterns make you feel trapped in others' expectations?



When you imagine letting go of control, what emotions surface?



What is one practical way you could give yourself permission to live with more freedom this week?

Chapter 17: How to Provide Support the Right Way



When you say Let Them, you trust and empower others to handle their difficulties while understaffing that facing hardship is a necessary part of growth.

When you say Let Me, you focus on providing support without taking over while creating the environment and tools necessary for another person to get better for themselves.

The LET THEM THEORY by Mel Robbins



What relationships could become healthier if you released the need to manage them?



What vision of a more authentic, peaceful life excites you—and what first step could you take toward it now?

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 candid with myself and live authentically. I listen for understanding. I'm clear on my intentions.*

- Check-in:**
- What did your friendship inventory reveal?
 - Share a moment when you showed up authentically
 - How has your understanding of friendship seasons shifted?

- 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 am accepting of others. I hold them in the energy of love. I am clear on my boundaries and I model spiritual strength and healthy behaviors.*

This Weeks' Practice



The Curiosity Question (throughout the day) When someone's behavior frustrates you, ask: "What might be going on for them?" (Not to excuse it, but to stop taking it personally)



Rescue Check (3 minutes before helping) Ask yourself:

- Am I solving their problem or mine?
- What am I afraid will happen if I don't step in?
- Am I helping out of love or control?

•



Supportive Presence Practice (daily) Practice these phrases:

- "I believe in your ability to figure this out"
- "I'm here if you need me, but I trust you to handle this"
- "What do you need from me right now?"



- Your job is not to prevent people from experiencing consequences
- Influence comes from embodying change, not forcing it
- The most loving thing you can do is trust someone's journey