

A New Way to Talk, Reflect, and Connect – Together.

**THE
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Mel Robbins

and Sawyer Robbins

BOOK CLUB GUIDE


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Welcome to The Let Them Theory Book Club Guide!

Sawyer and I created this book club guide to help you bring the ideas behind *The Let Them Theory* into your real life — and into real conversations.

These questions are designed for group discussion — to help you talk openly about control, boundaries, emotional energy, and personal growth with the people around you.

They are perfect for book clubs, group circles, community meetups, team retreats, or even something to answer on your own.



xo Mel

Why These Questions Matter

The Let Them Theory is a simple yet powerful practice:

- **Let Them:** Let people do, say, and choose what they want — because it shows you exactly who they are. Stop managing, fixing, or chasing. Let their behavior reveal the truth.
- **Let Me:** Focus on the only thing YOU can actually control — Yourself. Your energy, your boundaries, your healing, and your response.

The Let Them Theory is a tool for freedom and clarity. These conversations are meant to help you practice it in real life.

These questions explore how this idea shows up in relationships, work, family, identity, boundaries, and more.

The Let Them Theory Reading Guide Questions

- 1 When you hear the phrase “Let Them,” what’s the first scenario, relationship, or situation that comes to mind?
- 2 Where in your life do you feel like you’re always reacting — maybe at work, in parenting, on social media?
- 3 Many people say they feel physically lighter or emotionally freer when they practice The Let Them Theory. What changes, big or small, have you noticed since hearing the theory or trying it out?

- 4 Who in your life have you been trying to “fix,” convince, or carry emotionally, and what might happen if you finally Let Them?
- 5 Let’s talk about people-pleasing. When have you caught yourself editing or holding back to keep the peace or earn approval? What would it look like to stop?
- 6 Let’s talk about low-key disrespect — when someone consistently crosses lines, but never “big enough” to call out. How does The Let Them Theory apply for you in these situations?
- 7 Do you think you are controlling in your relationships? Have you tried using “Let Them”? How does it feel if you have?
- 8 Think of a time someone misunderstood you and you felt the urge to over-explain. What would it have felt like to let them misread you and move on? Have you ever tried doing that?
- 9 Social media creates pressure to be constantly visible, explain yourself, or curate your life. How does that affect the way you connect, and can you think of ways to practice Let Them in digital spaces?
- 10 How do the messages you grew up with — about being “nice,” “strong,” or “selfless” — make it harder to practice Let Them today?
- 11 How do you navigate guilt, second-guessing, or the pressure to “be nice”?
- 12 Most of us carry a role in our relationships — the helper, the strong one, the peacekeeper. What’s yours? How does it shape the way you respond in stressful or emotional situations?

- 13 Work culture often rewards over-functioning. How do you set boundaries around overexplaining, proving your worth, or taking on too much?
- 14 What's one expectation you've been carrying around (about how someone "should" behave, respond, support you, or show up) that's making you miserable?
- 15 In caregiving, leadership, or parenting roles, when do you feel most tempted to take over or assert your control?
- 16 Every big transition — a breakup, a move, a new season of life — brings its own grief and clarity. Have you experienced a time when practicing emotional detachment brought surprising peace?
- 17 Let's talk about how you change. Has there ever been a version of you — a role, personality, or way of being — that no longer felt right, but people around you still expected you to keep playing it? How do you honor who you're becoming... while still showing up for the people in your life?
- 18 Mel shares that perfectionism often masks fear, especially in parenting. Where are you holding yourself to impossible standards in parenting or caregiving?
- 19 Many of us learned the beliefs we were raised with, even if they no longer serve us. What messages about control, success, or being a "good parent" did you inherit growing up? Which ones are you ready to question or rewrite?
- 20 Mel talks about how stress skyrockets when you ignore what you need and over-commit to what others expect. Where are you saying "yes" when your body is screaming "no"? What would it look like to Let Me reclaim my time or energy?

The Let Them Theory Quote Discussion:

Read the passage aloud, then invite everyone to share what it brings up for them.

Chapter 1: Stop Wasting Your Life on Things You Can't Control

“The truth is, other people hold no real power over you unless you give it to them. Here’s why [The Let Them Theory] works: When you stop trying to control things that aren’t yours to control, you stop wasting your energy. You reclaim your time, your peace of mind, and your focus. You realize that your happiness is tied to your actions, not someone else’s behavior, opinions, or mood.”

Question: When is it hardest for you to do this in your own life — and why?

Chapter 2: Getting Started: Let Them + Let Me

“Maybe you’ve been texting someone and things felt like they were going somewhere. But then, out of nowhere, they ghost you. No response, no explanation. It stings, doesn’t it? You wonder what you did wrong, replaying every conversation, trying to figure out where it went off the rails. The temptation to text them again, to find some way to get closure, is almost overwhelming...”

Their disrespect doesn't say anything about you. How you respond does. Stop asking why they are doing this. The question is, why do you want to be with someone who does this to you? You don't. Don't waste your energy chasing someone who's already left. Focus on what you can control: Processing your emotions and reminding yourself that you deserve someone who treats you with respect."

Question: Do you agree? Do you find silence empowering or do you feel like it takes your power away? When is no response the right response?

Chapter 3: Shocker: Life Is Stressful

"Learning how to respond differently to the annoying and stressful situations every day will change your life. Right now, you're giving away all your power because you're wasting your time and energy on things that don't matter; or you're burning up over things that are beyond your control."

Question: Do you think this is true? Or does it feel harsh?

Chapter 4: Let Them Stress You Out

"You are never stuck. That's a lie you tell yourself. You can leave a job, a relationship, a living situation, a date, an interview, or a conversation anytime you want to. But instead, you're sitting there with your boss Steve, who you flip off every time the Zoom meeting ends..."

You do not have to stay in any job that makes you feel frustrated, demoralized, or stressed. And you shouldn't. Let Them string you along. It's time for the Let Me part. Stop fixating on your current situation, and start focusing on finding a better opportunity."

Question: Do you agree with Mel? What area of your life have you felt stuck recently and what steps have you taken to be in a better place?

Chapter 5: Let Them Think Bad Thoughts about You

"Someone is always going to be disappointed by the decisions that you make. Don't ever let it be you that's disappointed. And don't let guilt drive your decisions. When you go to your parents because you feel "guilty," you've turned your parents into the villain. When you choose to go because you'd be mad at yourself if you didn't, you're in control of your decisions.

This is a very straightforward example of how to stop worrying about what other people think, and let your values drive your decisions."

Question: Do you relate to this? Or does guilt still impact your decisions?

Chapter 6: How to Love Difficult People

When it comes to loving difficult people in your life "it takes an extraordinarily mature person to be able to detach from your emotions and want to step into someone else's shoes. It's hard to understand that someone can love you and have opinions that are deeply hurtful and at times bigoted."

Question: How do you personally navigate the tension between compassion and boundaries — especially when someone's opinions feel intolerant or misaligned with your values?

Chapter 7: When Grown-Ups Throw Tantrums

“Most adults are just eight-year-old children inside of big bodies. The next time you’re with this person and you feel yourself getting triggered by something they say or some way that they act, I want you to just imagine the second-grade version of them present in the room with you. Because what you’re describing is someone who has the emotional maturity of an eight-year-old. And, like it or not, that’s most adults.”

Question: Do you agree? If we all have “inner children” driving the bus sometimes, what helps you notice yours before it takes the wheel?

Chapter 8: The Right Decision Often Feels Wrong

“Jealousy isn’t toxic — it’s a compass. It’s your inner voice whispering, ‘You want something like that.’ We’re told not to feel it, but what if we listened to it instead? Every time I’ve been envious, it’s revealed something I deeply desired. Instead of judging it, I started using it to get clear.”

Question: Has jealousy ever helped you realize what you really want? Do you agree it can be useful?

Chapter 9: Yes, Life Isn’t Fair

“When you focus on how unfair life seems and compare yourself to others, you’re draining your motivation and keeping yourself from moving forward. It becomes a self-fulfilling prophecy. You are failing because of your chronic habit of comparing yourself. You are the problem. And the first step is accepting the truth: Life isn’t fair. It’s just not.”

Question: When do you catch yourself comparing yourself to others and how do you shift out of the “why them, not me” spiral when it hits?

Chapter 10: How to Make Comparison Your Teacher

“If you are jealous right now about someone else’s success, GOOD. I’m happy for you. Jealousy is an invitation from your future self. It is inviting you to look more closely at someone else—not to make you feel inferior, but to show you what is possible.”

Question: Do you agree that jealousy is actually a good thing? What’s something recent that sparked jealousy for you?

Not to shame it, just name it. What did it stir up?

Chapter 11: The Truth No One Told You about Adult Friendship

“The reality is adult friendships come and go. Expecting friendship will destroy it. You need a more flexible and proactive approach. Which is why you’re going to find yourself saying Let Them and Let Me all the time.”

Question: Do you think expecting friendship in adulthood will destroy it? What’s the line between having standards and letting people come and go?

Chapter 12: Why Some Friendships Naturally Fade

“Friendships are not a tit for tat. Do not keep score. Reach out to people because you want to. But don’t expect a response. How quickly or how often someone responds is not a sign of how much they care about you. It’s more likely an indication of how overwhelmed they may be. Everyone has a ton going on, and 99 percent of the time you have no clue what someone else is dealing with, so with friends especially, don’t judge when you don’t hear back, assume good intent.”

Question: Be honest, when a friend takes a long time to respond, what story do you start telling yourself?

Chapter 13: How to Create the Best Friendships of Your Life

“I was the one who kept myself from connecting with the community that was right there around me. By isolating and separating myself, I had closed myself off to the community that was waiting for me. Your soulmate or favorite friend could very well be sitting two tables away from you at the coffee shop today. Don’t expect them to find you. Go first and you’ll find them.”

Question: What holds you back from “going first” when it comes to connection—fear, pride, habit, or something else?

When’s a time you pushed through that and were glad you did?

Chapter 14: People Only Change When They Feel Like It

When it comes to wanting someone to change, “pressure doesn’t create change—it creates resistance to it. When you try to exert control over someone else’s behavior, they instinctively resist your attempt to try to control them. Instead of inspiring change, your pressure creates a battle over control.”

Question: If pressure breeds resistance, what do you think actually *inspires* change in people?

Chapter 15: Unlock the Power of Your Influence

“It’s not fair to stay in a relationship where you are chronically complaining about someone else. You hold the power, always, to make something better or to learn how to accept things as they are. The most important change in any relationship is the one that you can control: yours. You change how you showed up. You stop pressuring the person that you love and become more loving. That’s what makes you powerful.”

Question: Let’s talk about the idea of “chronic complaining.” What does it reveal about what you are really struggling with — the other person, or your own expectations?

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

“People only heal when they are ready. And if they haven’t, it’s because they aren’t ready. When someone you love is going through an internal struggle, they will not get better for you, their kids, or their family. They have to want to get better for themselves.

You may not understand it. You may think you would act differently if you were in the same situation. None of that matters. All of your opinions are judgment. And your judgment of the other person and what you think they should do is part of the problem, because it translates to pressure.

You need an outlet for your judgment—a therapist, a friend—because it won’t help to aim it at the other person. In times of struggle, what the other person needs is acceptance.

Let Them struggle.”

Question: Have you experienced this, and do you agree you need to let people struggle? Why?

Chapter 17: How to Provide Support the Right Way

“If you are sick of your parents’ opinions about what you should be doing, then start paying your own bills. As long as you are financially tied to someone else, you can say Let Them all you want, but their money is buying access to your life, whether you like it or not. If you want independence, prove it and start being financially independent for real.”

Question: Do you agree with this stance? Where’s the line between showing up for someone and being used by them? How do you define healthy support in relationships — and when does it become too much?

Chapter 18: Let Them Show You Who They Are

“The only way you learn who someone is and where you stand in their life is by watching their behavior. Forget what they say. Watch what they do. That can be hard to do, because in the beginning, your emotions and hormones are all over the place. They can cloud your ability to see the truth about how you’re being treated.

You need to understand: This is very black and white. You are either a priority, or you are not. There is no middle ground. Let Them show you who they are.”

Question: Can you relate to that delayed clarity? What finally made you see something (or someone) for what they were?

Chapter 19: How to Take Your Relationship to the Next Level

“Stop chasing the potential of who someone might be. Stop pouring your time and energy into people who do not give it back to you. Stop explaining away their disrespectful behavior. Stop making excuses for people who are clearly not interested in you. Stop chasing people who are not choosing to love you back.”

Question: Have you ever found yourself clinging to someone’s potential instead of accepting reality? What did it cost you emotionally? And what finally helped you stop chasing what was never choosing you?

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