

Let Them

..... From Mel Robbins (adapted and modified by Amy Fox)

In life, it's easy to become consumed by the things you can't control.

But for top coach, author and speaker, Mel Robbins, there's a surprisingly simple technique that will not only ease your anxiety but hand you control back.

It's called the "Let Them" theory.

If your friends are not inviting you out to brunch this weekend, let them.

If the person that you're really attracted to is not interested in a commitment, let them.

So much time and energy is wasted on forcing other people to match our expectations and the truth is, if somebody isn't showing up how you need them to show up do not try to force them to change.

Let them be themselves because they are revealing who they are to you. Just let them and then you get to choose what you do next.

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

“Detachment isn’t that you own nothing; it’s that nothing owns you.”

Notice where your mind and heart are in this moment. See if there is any place you are grasping or holding on.

Take a full breath in. Sigh it out.

Start to deepen your breath here. See if you can create more spaciousness around the thoughts, feelings and sensations– a place for the mind to settle and rest.

DURING CLASS

After Telling the Story

The three top lessons on Mel Robbin’s ‘Let Them’ theory are:

Letting go of control: The main lesson from the ‘Let Them’ is to release the need to control other people’s actions and choices. Instead of trying to force others to conform to your expectations, it encourages you to accept and allow them to be themselves.

Creating peace and ease: Practicing the theory can bring more peace and ease into your life. By relinquishing control and surrendering to the reality that you cannot change others, you can experience a greater sense of inner calm and detachment from unnecessary struggles and emotional turmoil.

Personal responsibility: The theory emphasizes the importance of focusing on yourself and taking responsibility for your own actions and choices. It encourages you to shift your attention from trying to change others to focusing on your own growth, happiness, and creating positive experiences in your life. It reminds you that you can only control yourself and not others.

CLOSING CLASS

So much time and energy is wasted on trying to force and outcome.

Where this week can you “Let Them” and set yourself free?

EXTRAS

The Let Them theory is a powerful way to detach from a situation; however it’s important to emphasize that this theory isn’t suggesting to just “take it” meaning that we just allow ourselves to be harmed or take abuse. The Let Them theory is all about letting go of things we’re holding onto that are only perpetuating our suffering.

Challenge your students to see where they can apply the Let Them theory in their own life throughout the week.