



Book Club Discussion Questions

The Let Them Theory

by Mel Robbins

1. Mel Robbins's prom night story with her son sparked *The Let Them Theory*. Which parts of this origin story resonated most with you, and how do you feel it shaped the book's overall message about letting go of control and embracing personal agency?
2. The book centers on two main ideas: "Let Them" and "Let Me." Which of these principles did you find more challenging to your own way of thinking, and what made it so?
3. Robbins argues that trying to control what others think of us can hold us back. Describe a personal experience where fear of judgment stopped you. How could *The Let Them Theory* have offered a different outcome then?
4. Robbins talks about "The Great Scattering" and the complexities of adult friendships. How do her observations on how friendships change over time compare with your own experiences with long-term relationships?
5. Consider Robbins's ideas on emotional maturity - accepting others' reactions without compromising boundaries. In what specific areas of your life could this approach be most beneficial?
6. A key theme is shifting energy from controlling others to focusing on your own growth. Where are you currently investing significant "control energy," and how could that energy be redirected for greater personal benefit?

7. Robbins advocates "going first" to build new connections, as she did when moving. Does this idea challenge your usual approach to meeting new people, or does it align with how you typically form relationships?

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