

A COACHING GUIDE

Let Them

Pain is Real, but Perception is a Choice
Inspired by the work of Mel Robbins

Diane Mitchell-Miller

*“Worthiness comes from within —
so do not build a home for it inside someone else.”*

— Diane Mitchell-Miller



PurposeFULL
life COACHING

The Let Them Theory

There's a quiet tension many of us carry — the sense that we're capable of more, but something keeps getting in the way.

Worthiness comes from within, so do not build a home for it inside someone else.

I can bottom-line this in one sentence: When you “Let Them” do whatever it is that they want to do, it creates more control and emotional peace for you and a better relationship with the people in your life.

The Let Them Theory is about releasing control over other people's actions and focusing on your own response. We spend so much time and energy trying to decipher others' behaviors, often getting emotionally affected or taking things personally by things beyond our control. But the truth is, you'll never truly know why someone does what they do. Instead of analyzing, overthinking, or trying to change them, simply say: Let them.

Someone doesn't want to commit? *Let them.*

Someone is excluding you? *Let them.*

Someone ghosted you? *Let them.*

By embracing this mindset, you detach from negative emotions and shift your focus to what you can control — your own actions, boundaries, and well-being. Not only does this create emotional freedom, but it also reveals people's true colors, allowing you to make better choices about who you keep in your life.

Key Points

1. Accepting Reality

When someone behaves in a way that bothers you, instead of trying to change them, simply acknowledge that “they are who they are” and let them be that way.

You cannot control other people, but you can CONTROL and REGULATE how you respond to them.

- People will do what they want. Let them.
- People will have their own opinions. Let them.
- People will leave or distance themselves. Let them.
- People will misunderstand you. Let them.

By embracing this mindset, you free yourself from unnecessary emotional turmoil, allowing yourself to focus on what truly matters: your own happiness, self-worth, and purpose.

Why This Works

- **Reduces Stress** — Letting go of the need to control others releases tension and anxiety.
- **Boosts Self-Worth** — You stop seeking validation from those who don't appreciate or understand you.
- **Encourages Emotional Freedom** — You shift your focus from them to you, leading to greater self-awareness and peace.
- **Saves Time and Energy** — No more overanalyzing, ruminating, chasing, or trying to “fix” things outside your control.

2. Focus on Your Reaction

The power lies in how you choose to react to their behavior, not in trying to control their actions.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

— Viktor Frankl

3. Detach from Emotions

By saying “let them,” you mentally distance yourself from the negative emotions that might arise from someone else's behavior.

4. Setting Boundaries

While “letting them” means not trying to change others, it doesn't mean accepting harmful or disrespectful behavior. You can still set boundaries and choose to distance yourself if necessary.

How to Use the Let Them Theory

- **Recognize the trigger** — When you feel yourself getting upset about someone's actions, consciously say “let them” to yourself.
- **Reflect on your control** — You cannot control other people's behavior, only your own response to it.
- **Choose your reaction** — After saying “let them,” actively choose a calm and constructive response to the situation.

Important Considerations

Not Passive Aggression

“Let them” is not about passively accepting bad behavior, but rather about taking responsibility for your own emotions and not giving others power over you.

Communication When Needed

In some cases, “letting them” might mean having a clear and assertive conversation to set boundaries if the behavior is impacting you significantly.

The True Root of Pain and Suffering Lies in Perception

At its core, “Let Them” is about emotional freedom — releasing control over others’ actions and finding peace in acceptance. But to fully embrace this mindset, we must also let go of hidden weights: blame, resentment, and the belief that peace depends on someone else’s actions.

Suffering isn’t caused by what they did — it’s shaped by how we hold onto it.

Pain doesn’t come solely from external events; it’s rooted in how we interpret, react to, and dwell on experiences. Blame may feel like an escape, but instead of leading to freedom, it traps us in a false reality, reinforcing the idea that our pain is controlled by others — their words, their actions, their choices.

“You either walk inside your story and own it or you stand outside your story and hustle for your worthiness.”

— Brené Brown

The mind builds stories around pain, assigning fault and attaching emotions to past wounds. But the moment blame is handed over, so is power. Blame keeps the focus outward, waiting for someone else to change, apologize, or make things right. But what if peace has never depended on them? What if it has always been an internal choice?

No one can control how others act. People will make mistakes, be unfair, and disappoint. But what happens next — the response, the emotions carried forward, and the meaning assigned to the situation — is entirely within personal control. True strength lies in realizing that suffering isn’t created by external events, but by attachment to what cannot be changed.

Personal accountability isn’t about excusing others — it’s about reclaiming power.

Pain is real, but suffering is optional. It’s the choice to see challenges as lessons instead of burdens to be carried, to shift perspective from victimhood to growth. The world will not always be kind, but inner peace is not determined by external forces.

The choice involves reappraisal: Instead of letting emotions dictate your response, reappraisal encourages you to identify the underlying meaning of a situation and reframe it in a way that allows for a more positive or constructive outlook.

When responsibility is taken for thoughts, reactions, and emotions, life no longer feels like something that happens to you, but something shaped by you.

Letting go of blame doesn't mean denying hurt; it means refusing to let it define the future.

“Your days are your life in miniature. As you live your hours, so you create your years. As you live your days, so you craft your life. What you do today is creating your future. The words you speak, the thoughts you think, the food you eat and the actions you take are defining your destiny — shaping who you are becoming and what your life will stand for.”

— Robin Sharma

Resources

Mel Robbins Podcast — Let Them Theory: melrobbins.com/podcasts/episode-70

Let Them Parenting Guide by Mel Robbins: melrobbins.com/parenting

Toolkit for Healing Anxiety Part 1 — Mel Robbins: melrobbins.com/podcasts/episode-56

Toolkit for Healing Anxiety Part 2 — Mel Robbins: melrobbins.com/podcasts/episode-57