Shadow the Scene · Reto 3 · Mel Robbins on The Tonight Show

Reto Reductions

Cómo hacerlo

Escoge **6 de las 13 oraciones** de la escena y graba un video de máximo 1 minuto y medio donde se vea tu cara y tu boca leyéndolas.

Postea tu video en el **feed de la comunidad** con el hashtag **#ChallengeReductions**

💬 Al publicar tu video en la comunidad, vas a **recibir feedback** para seguir mejorando.

Qué grabar

1. Escoge **6 oraciones** de la lista. Te recomiendo leer estas, donde se usan reducciones: **1, 6, 7, 9, 11, 12, 13** (marcadas con ★ en la lista).
2. Lee cada una **1 vez**, imitando las reducciones y el ritmo de la escena.

Las oraciones

		Oración
★	1	**Well, the number one cause of stress in everybody's life is other people. There you go.**
	2	**And here's the thing. We can't control other people:**
	3	**what they do, what they say, their opinions or behavior, if they change, if they don't change.**
	4	**But you can control how much space they occupy in your mind**
	5	**and how much they stress you out.**
★	6	**Why do we have families?**
★	7	**It teaches you how to love people you hate sometimes.**
	8	**Love isn't changing people.**
★	9	**Love is learning how to see people as they are and as they're not.**
	10	**And the hardest thing for me to accept —I mean, I didn't figure this out until I was 54—**
★	11	**is that other people are going to change when they feel like changing for themselves.**
★	12	**They don't change for you.**
★	13	**And the more you pressure other people to change, the more they're going to resist it, and so... not change. Yeah, and not change.**