

LETTING GO

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Letting go doesn't mean to stop caring,
it means I can't do it myself.

Letting go is not to cut myself off,
it's the realization that I can't control another.

Letting go is not to enable,
but to allow learning from natural consequences.

Letting go is to admit powerlessness,
which means the outcome is not in my hands.

Letting go is not to try to change or blame another,
I can only change myself.

Letting go is not to care for,
but to care about.

Letting go is not to fix,
but to be supportive.

Letting go is not to judge,
but to allow another to be a human being.

Letting go is not to be in the middle arranging all the outcomes,
but to allow others to effect their own outcomes.

Letting go is not to be protective,
it is to let another to face reality.

Letting go is not to deny,
but to accept.

Letting go is not to nag, scold, or argue,
but to search out my own shortcomings and to correct them.

Letting go is not to adjust everything to my desires,
but to take each day as it comes.

Letting go is not to criticize anyone,
but to try to become what dream I can be.

Letting go is not to regret the past,
but to grow and to live for the future.

Letting go is to fear less and love more.