

Letting Go

*Letting go does not mean to stop caring;
it means I can't do it for someone else.*

*Letting go is not to cut myself off;
it's the realization 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;
it's to make the most of myself.*

*Letting go is not to care for;
but to care about.*

*Letting go is not to fix;
but to be supportive.*

*It's not to judge;
but to allow another to be a human being.*

*Letting go is not to be in the middle arranging the outcome;
but to allow others to affect their own destinies.*

*Letting go is not to be protective;
it's to permit another to face reality.*

*Letting go is not to deny;
but to accept.*

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

*Letting go is not to adjust everything to my own desires;
but to take each day as it comes and cherish myself in it.*

*Letting go is not to criticize and regulate anybody;
but to try to become what I dream I can be.*

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

Letting go is to fear less and live more.