

Letting Go...

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- To Let Go does not mean to stop caring,
it means I can't do it for someone else.
- To Let Go is not to cut myself off,
it is the realization I can't control another.
- To Let Go is not to enable,
but to allow learning from natural consequences.
- To Let Go is to admit powerlessness,
which means the outcome is not in my hands.
- To Let Go is not to try to change or blame another,
it is to make the most of myself.
- To Let Go is not to care for,
but to care about.
- To Let Go is not to fix,
but to be supportive.
- To Let Go is not to judge,
but to allow another to be a human being.
- To Let Go is not to be in the middle arranging all the outcomes,
but to allow others to affect their destinies.
- To Let Go is not to be protective,
it is to permit another to face reality.
- To Let Go is not to deny,
but to accept.
- To Let Go is not to nag, scold, or argue,
but instead to search out my own shortcomings and correct them.
- To Let Go is not to adjust everything to my desires,
but to take each day as it comes, and cherish myself in it.
- To Let Go is not to criticize and regulate anybody,
but to try to become what I dream I can be.
- To Let Go is not to regret the past,
but to grow and live for the future.
- To Let Go is to fear less,
and love more.