

Letting Go

To let go doesn't 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 that I cannot 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 and change or blame another
I can only change 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 own outcomes

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 to search out my own shortcomings and to correct them

To let go is not to adjust everything to my desires
But to take each day as it comes

To let go is not to criticize and regulate anyone
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

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