

LETTING GO

To let go doesn't mean to stop caring,
it means I can't control another.

To let go is not to cut myself off,
it is the realization that 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,
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 outcomes,
but to allow others to effect 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 correct them.

To let go is not to adjust everything to my desires,
but to take each day as it comes and to cherish the moment.

To let go is not to criticize and regulate anyone,
but to try to dream of what I can be.

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

-Author Unknown

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