

# 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.