**TO “LET GO”**

**TAKES LOVE**

**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**

**to realize 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 powerless, 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 other to affect their own destines.**

**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 to correct them.**

**To “let go” is not to adjust everything to my desires but to take each day as it comes, and to 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 to not regret the past, but to grow and to live for the future.**

**To “let go” is to fear less and to love more.**