

## LETTING GO

Letting go does not mean to stop caring  
it means  
I can't do it for someone else  
It is not to cut myself off  
it means realizing I can't control another  
it means to admit I am powerless  
so the outcome is in God's hands — not mine.

To let go is not to enable  
but to allow the other to learn from natural consequences  
To let go is not to blame or change another,  
it is to make the most of myself

To let go is not to care for, but care about  
It is not to 'fix' but be supportive  
It's not to judge to 'allow' another human being  
It's not to be in the middle, arranging all the outcomes,  
but to allow others to affect their destiny

To let go is not to be protective but to let another face reality  
It 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  
And it is not to adjust everything to my desires  
but to take each day as it comes  
and to cherish myself in it.

