

# *Let Go*

*To 'let go' is not to care for, but to care about.*

*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 fix, but to be supportive.*

*To 'let go' is not to enable, but allow learning from natural consequences.*

*To "let go" is not to cut myself off, it's the realization I can't control another.*

*To 'let go' is to admit powerlessness, which means the outcome is not in my hands.*

*To 'let go' is not to judge, but to allow another to be a human being.*

*To "let go" is not to try to change or blame another, it's to make the most of myself.*

*To "let go" is not to be protective, it's to permit another to face reality.*

*To 'let go' is not to be in the middle arranging all the outcomes, but to allow others to affect their potentials.*

*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 correct them.*

*To 'let go' is not to adjust everything to my desires, but to take each day as it comes and cherish myself in it.*

*To "let go" is not to criticize or regulate anybody, 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.*

*---Anonymous*