



## Letting Go

### “Let Go – Let God” Okay, How?

#### To let go

- doesn't mean to stop caring; it means I can't do it for someone else.
- is not to cut myself off; it's the realization I can't control another.
- is not to enable but is to allow learning from natural consequences.
- is to admit my powerlessness, which means the outcome is not in my hands.
- is not to try to change or blame another; I can only change myself.
- is not to care *for*, but to care **about**.
- is not to fix, but to be supportive.
- is not to judge, but to allow another to be a human being.
- is not to be in the middle of arranging all the outcomes, but to allow others to effect their own outcomes.
- is not to be protective; it is to permit another to face reality.
- is not to deny, not to condone, not to condemn, but to accept.
- is not to nag, scold or argue, but to search out my own shortcomings and to correct them.
- is not to adjust everything to my desires, but to take each day as it comes, and to cherish the moment.
- is not to criticize and regulate anyone, but to try to become what dream I can be.
- is not to regret the past, but to grow and live for the future.
- is to fear less and love more.
- is trusting Jesus Christ instead of myself and trusting others to be and to do what is best for them.
- means acknowledging the ways that I have controlled and manipulated, accepting the legitimate needs behind my behavior and acting a different way to take care of myself, and to do what is best for all concerned.