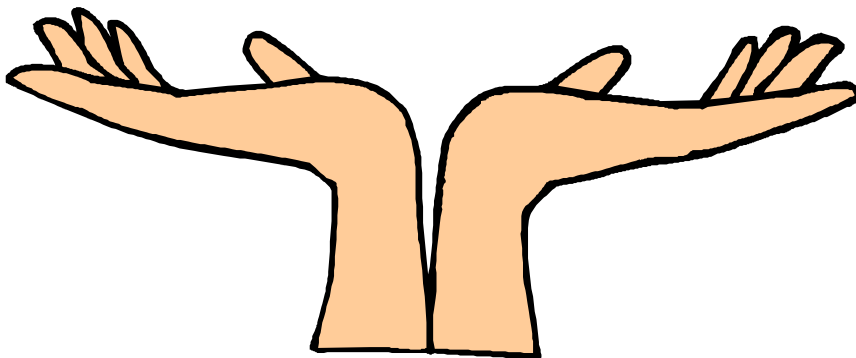


LETTING GO

To “let go”...

- does not mean to stop caring....it means I can't do it for someone else.
- is not to cut myself off....It's the realization that I can't control another.
- is to admit powerlessness...it means the outcome is not in my hands.
- is not to try change or blame another...it's to make the most of myself.
- is not to care for...but to care about.
- not to fix...but to be supportive.
- is not to judge, but allow another to be a human being.
- is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.
- is not to deny, but to accept.
- is not to nag, scold, or argue, but instead to search out my own shortcomings and correct them.
- is not to adjust everything to my desires, but to take each day as it comes and cherish myself in it.
- is not to regret the past, but grow and live for the future.
- is to fear less and love more.



Author Unknown