

RECOVERY

LETTING GO

To "let go" does not mean to stop caring, it means I can't stop it for someone else.

To "let go" is not to cut myself off, it's the realization 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 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 be in the middle arranging all the outcomes, but to allow others to affect their own destinies.

To "let go" is not to be protective, it's 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 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 regret the past, but to grow and live for the future.

To "let go " is to fear less and love more.

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