

LETTING GO

Letting go does not mean to stop caring;
it means I can't do it for someone else.

Letting go is not to cut myself off;
it's the realization I can't control another.

Letting go is not to enable;
but to allow learning from natural consequences.

Letting go is to admit powerlessness;
which means the outcome is not in my hands.

Letting go is not to try to change or blame another;
it's to make the most of myself.

Letting go is not to care for, but to care about.

Letting go is not to fix, but to be supportive.

Letting go is not to judge;
it's to allow another to be a human being.

Letting go is not to be in the middle arranging the outcome;
it's to allow others to affect their own destinies.

Letting go is not to be protective;
it's to permit another to face reality.

Letting go is not to deny, but to accept.

Letting go is not to nag, scold or argue
but to search out my own shortcomings and correct them.

Letting go is not to adjust everything to my own desires,
but to take each day as it comes and cherish myself in it.

Letting go is not to criticize and regulate anyone;
it's to try to become what I dream I can be.

Letting go is not to regret the past;
it's to grow and live for the future.

Letting go is to fear less and live more.

Listen

Author Anonymous

When I ask you to listen to me and you start giving me advice,
You have not done what I asked.

When I ask you to listen to me and you begin to tell me why I
shouldn't feel that way,
You are trampling on my feelings.

When I ask you to listen to me and you feel you have to do
something to solve my problem,
You have failed me, strange as that may seem.

Listen: All I ask is that you listen, not talk or do - just hear me.
I can do for myself; I'm not helpless - maybe discouraged and
faltering, but not helpless.

When you do something for me that I can and need to do for
myself,
You contribute to my fear and feelings of inadequacy.

But when you accept as a simple fact that I do feel what I feel, no
matter how irrational,
Then I can quit trying to convince you and go about the business of
understanding what's behind my feelings

So, please listen and just hear me
And, if you want to talk, wait a minute for your turn - and I'll listen
to you.