

Fear Less, Love More: To Let Go Is To Love

By Anonymous

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 cut myself off It's the realization that I can't control another
To "let go" is to not 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 try to change or blame another It's to make the most of myself
To "let go" is not to "care for" But to care about
To "let go" is not to "fix" But to be supportive
To "let go" is not to judge But to allow another to be a human being
To "let go" is to not be in the middle arranging all the outcomes But to allow others to
affect their 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 criticize and regulate anybody But to try to become what I dream I
can be
To "let go" is to not 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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