



Because I Love You™

Parent and Youth Support Groups

LET GO

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 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 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 not to 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 not to regret the past, but to grow and live for the future.

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

We want to thank you for visiting our site.

We trust you will find the information you received from our Reference Library to be helpful.

We offer a Parenting Skills book explaining our philosophies called "The Program". The cost of the book is \$12.00 (English and Spanish) and your payment is 100% tax deductible. (Please specify language in your order)

For book orders, you may either pay online using PayPal (see our Donations page) or you may send your book orders to: BILY P.O. BOX 2062 WINNETKA, CA 91396-2062. Be sure to include your tax deductible check or money order payable to: BECAUSE I LOVE YOU or BILY.

*Once again, thanks for stopping by the **Because I Love You: Parent and Youth Support Groups** site.*

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