

# Letting Go Workbook

# Summer Retreat

Additional copies: download at [fatherhugs.com](http://fatherhugs.com), or write Fr. Jack: [frintervention@gmail.com](mailto:frintervention@gmail.com).  
See also [SickCall.net](http://SickCall.net)

## Letting Go of Uncontrollables and Unchangeables

What is letting go of the uncontrollables and unchangeables?

*Letting go of the uncontrollables and unchangeables in life is the:*

**Admitting the obvious truth** - that you are not responsible to affect a change or correct a problem which is beyond your competency, power, authority or responsibility.

**Releasing over-responsibility** - giving permission to yourself to be free from an overresponsible sense of obligation, duty, or requirement to make everything "perfect" in your life and the life of others.

**No perfectionism** - Allowing yourself to rid yourself of the perfectionistic need to control every aspect of your life so that nothing goes "wrong" in it.

**Getting rational about what you can and cannot do** - becoming realistic about what is and is not your obligation or duty to correct, change, or control.

**Releasing self to "no"** - allowing yourself to be able to say "no" or "I can't" when faced with insurmountable problems out of your reach.

**Confessing faith in God**- Openly declare that God, your "Higher Power" is stronger and a great source of power to whom you can hand over these things out of your control.

**Accepting your powerlessness** - over things and handing these things over to your Higher Power.

**Handing it over to God** - which is no longer taking direct action to effect a change but handing the situation over to the goodness and mercy of your Higher Power in hope that the solution will rest in the Higher Power's authority and wisdom.

**Declaring God is in Charge** - admitting that you can only do so much and after that it is up to your Higher Power to take over.

**Realistic acceptance of loss** - after fully grieving a loss admitting that there is nothing left to be done but to accept the loss and hand the loss from this point on over to your Higher Power's care and [love](#).

**Surrender: Problem solving conclusion** - culmination of extensive problem solving, brainstorming, and testing alternatives with the final conclusion that you can do nothing to change the circumstances of the issue out of your reach and control and that it would be saner and more realistic to free your energy up by surrendering and letting go of the issue and handing it over to your Higher Power.

## **What are the negative effects of not letting go of the uncontrollables and unchangeables in life?**

*If you are unable to "let go" of the uncontrollables and unchangeables in your life, you could:*

**Become so obsessed** with the need to solve everything on your own that you run the risk of physical and emotional exhaustion.

**Never attain personal [serenity](#) and peace** by accepting the human condition at work in your life.

**Never establish an effective means of "handing over"** to your Higher Power the "too big to solve" issues in your life and thus become bogged down in "chasing your tail" in these issues.

**Never be at rest**, always having these issues stirring up your emotional resources and energy.

**Become [anxious](#), stressed, insecure, and depressed** over these issues so much that your personal effectiveness lessens at home, work, school, or in the community.

**Become obsessed** with these issues so much that they are the only topic of conversation or focus of attention you have in your life.

**Be driven by the sense of failure**, not being "good enough," or guilt for not fixing the issues and become depressed and very hard in your self-assessments until you believe that you are the failure who is out of control and needing to be changed into a "perfect," all powerful, infallible being.

**Become competitive with your Higher Power** as the source of wisdom and light in the lives of those whom you are so desperately trying to control, fix, and change.

**Try to replace God** by referring to yourself in terms only appropriate in describing your Higher Power because of your belief that you have the power to solve the unsolvable situations in your life. Because of this inflated ego and incapability of solving the unsolvable, your [self-esteem](#) and self-worth take a beating.

**Exacerbate low self-esteem** by becoming so obsessed with the sense of shame, guilt, failure, and incompetence in not being able to solve your unsolvable problems.

**Loss everything of importance** by making such great sacrifices to save the things beyond your control that you lose everything in your life which gave it meaning including: marriage, money, success, business, jobs, children, [relationships](#), and even your life.

## **How is letting go of the uncontrollables and unchangeables a control issue?**

*Letting go of the uncontrollables and unchangeables in your life is a control issue because:*

**It de-powers** the external "locus of control" issues in your life and helps strengthen your internal "locus of control."

**Saves your sanity** - unless you let go of those things over which you are [powerless](#), you run the risk of burning out your emotional and physical energy, enthusiasm, spirit, resources, and reserves. Letting go is an act by which you release your need to control every situation, person, place, or thing in order to ensure that your sanity is not threatened.

**Not a power play** - instead it is an open admission that you do not need to [exercise](#) power and control over people, places, things or situations which are not amenable to such efforts.

**Enhances [self-control](#)**- since it frees you up to gain self-control over your own life without guilt or fear of reprisals by those people, places, or things which you have let go of.

**Unhooks you** - since you have not let others' intimidations, manipulation, overdependency, or helplessness "hook" you into being a "fixer," "caretaker," or "rescuer" of that which is not amenable to being fixed or helped.

**Freedom from Idealism** - often due to your [idealism](#) and [irrational belief system](#) about how perfect things should be that you get trapped into unhealthy efforts to solve things which are not solvable and by letting go you gain the ability to free up and focus on yourself, the one thing you can control and change.

**Detachment oriented** - letting go involves [detaching](#) from persons, places, or things which have had emotional "hooks" on you and threatened your overall well-being.

**Gives power back to the source of our power**- by recognizing that there is a Higher Power to whom you can let go of those things which you are powerless to control or change is an act of self-control and a step towards self-[healing](#) by getting out of the power struggled with your Higher Power..

**Self- Healing** - through admitting that you are not omnipotent, infallible, omniscient or superhuman, you can allow yourself to take control over yourself once you let go of those things holding you down in a quicksand of non-coping, self-pity, and "sick" behaviors.

## **What is the irrational thinking which leads you not to let go of the uncontrollables and unchangeables in life?**

- I must solve every problem that comes my way.
- Only I can solve these problems.
- If I don't solve these problems, I will be seen by others as a failure or no good.
- I need to fix all of these things perfectly and as soon as possible.
- There is no one else available who is going to help me solve these problems.
- All those people need to do is to follow what I've told them to do.
- This place would be ideal if it would only do what I want it to do.
- These things wouldn't be so bad off if they had been left to me to take care of by myself.
- They don't know what to do and they need me to tell them.
- They can't do anything right without me. If they lose or fail, it will reflect badly on me.
- What would others think if things didn't work out the way they were supposed to?
- I've only known crisis, chaos, and panic in my life so why should I expect any peace, calmness, or serenity if I leave them to take care of themselves?
- I must make everything better around here or else I'll go crazy.
- If I let go too soon, things might change and I'd be sorry for releasing them too prematurely.
- If I let go of them, I might lose them.
- If I stop trying to fix and change them, they would no longer need me and leave me.
- There must be a way to turn them around and I can't give up yet.
- What if they blame me for not taking care of them if they fail or fall flat on their faces?
- I'd rather sacrifice myself than have them blame me later for not helping them.
- They are so irresponsible they would never do it on their own.

## **How to improve letting go of the uncontrollables and unchangeables in your life**

In order to let go of the uncontrollables and unchangeables in your life, you need to follow the words of the **Prayer for Serenity** by Reinhold Niebuhr.

***God grant me the serenity***

This requires that you establish a healthy [spirituality](#) and relationship with your Higher Power to whom you can let go of the uncontrollables and unchangeables in your life.

***To accept the things I cannot change***

You need to be realistic and rational and accept that you can change only your feelings and attitudes about things which you are [powerless](#) to change.

***Courage to change the things I can***

You need to [accept personal responsibility](#) for your own life, thinking, emotions, and actions. You need to take care of yourself better. You need to stop being a martyr, fixer, rescuer, advice giver, and enabler.

***Wisdom to know the difference***

You need to allow your Higher Power a place in your life along with correcting your [unhealthy, irrational and unrealistic thinking](#) so that you can better discern what is uncontrollable and unchangeable in your life.

***Living one day at a time***

You need to be [patient](#) and not want total self-change or recovery overnight. You need to let go of the need for immediate gratification.

***Enjoying one moment at a time***

You need to [relax](#) and smell the roses. [Have fun!](#) Tune into your [inner child](#) and enjoy life for what it is rather than for how you want it to be.

***Accepting hardship as a pathway to peace***

You need to recognize that you are a human. It is only by fully accepting and admitting your humanness, [imperfection](#), and inability to control and change every person, place, or thing in your life that will you be able to achieve peace and serenity for yourself.

***Taking, as God does, this less-than-perfect world as it is, not as I would have it***

You need to accept that life cannot be as [perfect](#) as you would like it since every person, place, and thing is imperfect because the human condition is this way. You need to become realistic as to what is really possible in your lifetime if you are to be free of [stress](#), anxiety, and tension.

***Trusting that You will make all things right if I surrender to Your will***

In letting go of the uncontrollable and unchangeable people, places and things in your life, you need to hand them over to your Higher Power. You need to have a strong [spiritual](#) belief, [take the risk](#), and have [trust](#) that

your Higher Power is strong enough to handle these problems. By handing them over no answers are guaranteed, but at least you have unburdened the crushing weight of these concerns off your shoulders.

*So that I may be reasonably happy in this life and supremely happy with You forever in the next.*

By letting go of the uncontrollables and unchangeables in your life you have allowed these people, places, and things to be responsible for themselves which takes a tremendous burden off you. By freeing yourself of this huge burden, you will appreciate life more for what it is. You will have the energy and strength to pursue your own interests. You will be able to relax and have fun. You will be free to pursue your spiritual life with your Higher Power now and forever.

### **Steps to letting go of the uncontrollables and unchangeables in life**

**Step 1:** You first need to identify all of the people, places, things, and situations over which you have no control and cannot change. In your journal, identify under each category what or who it is and reason why it is uncontrollable and/or unchangeable.

<b>Category</b>	<b>Reason why uncontrollable and/or unchangeable</b>
<b>People 1.</b>	1.
2.	2.
3.	3.
<b>Places 1.</b>	1.
2.	2,
3.	3,
<b>Things 1.</b>	1.
2.	2.
3.	3.
<b>Situations 1.</b>	1.
2.	2.
3.	3.

**Step 2:** For each person, place, thing, and situation listed in Step 1, you need to answer the following questions.

- A. What irrational thinking keeps you hooked at trying to control and/or change them?
- B. What benefit do you gain from holding onto the need to control and/or change them?
- C. What do you lose by holding onto the need to control and/or change them?
- D. What would you lose by letting go of them?

- E. What would you gain by letting go of them?
- F. What keeps you stuck or hooked and prevents your letting go of them?
- G. How would they react to your letting go of the need to control and/or change them?
- H. How would their reaction make you feel?
- I. What do you need different in your life in order to let go of them?
- J. When do you expect you will be ready to let go of the need to control and/or change them?

**Step 3:** Once you have analyzed your relationship with each of the uncontrollables and unchangeables in your life, you need to address your belief in your Higher Power over to whom you are letting go of them. In your journal answer the following questions.

- A. Who is your Higher Power?
- B. How strong is your trust and belief in your Higher Power?
- C. How will your Higher Power handle each of your uncontrollables and unchangeables?
- D. How do you feel about the outcome of letting your Higher Power have the burden of the uncontrollables and unchangeables in your life?
- E. What can your Higher Power do differently than you with these people, places, things, and situations?
- F. How will these people, places, and things react to your handing them over to your Higher Power?
- G. What are your plans about following up on your Higher Power and monitoring those that you have let go of?
- H. How will you gain serenity and peace from letting go of your burdens to your Higher Power?
- I. What will your Higher Power do for you once you let go of these pressures, tensions, and burdens?
- J. How ready are you to hand over your uncontrollables and unchangeables to your Higher Power?

**Step 4:** Once you have accepted your Higher Power as the source of strength to whom to let go of your uncontrollables and unchangeables, then actively take each one off your shoulders and hand them over. This includes allowing the people, places, and things to be responsible for their own thinking, emotions, and actions without your interference, help, fixing, rescuing, advice giving, correction, or enabling.

**Step 5:** Keep letting go on a day to day basis using Reinhold Niebuhr's *Prayer for Serenity* as your guide.

**Step 6:** If you continue to have a problem letting go of the uncontrollables and unchangeables in your life, return to Step 1 and begin again.

# FORGIVENESS

Who have I not fully forgiven? (use initials, nickname or code)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

(make a separate list if you have more to work on....)

Honestly, what in me is getting in the way of fully forgiving these people? Put the name, initials or code of each person that the following apply to:

She/he doesn't deserve forgiveness \_\_\_\_\_

I kinda like staying resentful at: \_\_\_\_\_

Forgiving him/her somehow lets them off the hook: \_\_\_\_\_

---

I think I have forgiven him/her, but since I can't seem to "forget" maybe I haven't fully forgiven: \_\_\_\_\_

He/she hasn't forgiven me: \_\_\_\_\_

I really want revenge: \_\_\_\_\_

I suffered and he/she went free: \_\_\_\_\_

If I forgive he/she will do "it" again \_\_\_\_\_

I can't stand the thought that he/she got away with "it": \_\_\_\_\_

---

Now, standing in the sight of a loving God who I know will forgive me for everything, can I admit that none of the silly-assed reasons above really justifies continuing to hurt myself by not forgiving these people? \_\_\_\_\_ Yes \_\_\_\_\_ No

Now let's get to work on forgiveness:

**The willingness to forgive is the key to all healing in all types of relationships.** The key to an open mind is the willingness to forgive. The key to self-forgiveness is the willingness to forgive others. The key to our spiritual growth and awakening is the willingness to forgive. We may not be able to forgive for one "reason" or another but we can be willing even if our only motive is selfish, like "I just don't want to feel this way or I'm tired of being negative and resentful."

The importance of forgiveness is often dismissed with little or no thought. One possible reason may be as simple as not knowing how to forgive. Often we are just unable to forgive or let go. More often it is from the core belief that when someone does something "wrong", even if that someone is our self, he must be found guilty and punished. Yet when we are wrong most would love to be forgiven quickly. Not only that, we don't want to see our "crime" made into a capital crime. If I want this kind of forgiveness, I must be willing to extend it to others.

A naive person both forgives and forgets; a stupid person nether forgives or forgets; a wise person for-gives but does not forget. The wise person can use this experience of love to share even more than ever. Remember this: What I can do is my responsibility; all else is God's responsibility. So all I can do at any given time is to be willing; that's enough. Let our Higher Power do the rest.

I want to forgive everyone even myself, NOW...buy: How about one at a time?

If I want the fullness of life – if I want loving, caring relationships with whom-ever – if I want to be joyous, happy and free, if I want an open heart, mind, and soul then I must be willing to forgive all, even myself, perhaps not able but willing. Then I can look to our Father to do the deed.

If the doors of my consciousness were clear of clutter caused by my holding on to old useless or harmful beliefs, judgments of others and myself – realizing my part in all of this is no more nor less than my little personal "reality." Our Program demonstrates that we can, through its process, become forgiven forgivers forgiving.

Is there a time when forgiveness is not needed even when some "wrong" was done?

Yes. "We will not regret the past nor wish to shut the door on it." (Alcoholics Anonymous – p83) In those areas we have experienced some degree of awakening, healing and/or transformation we have no need for guilt, punishment, resentment or fear. This area being healed has become an asset, which we may share with others. We have let go of our harmful judgments of others and ourselves to some degree. Without these judgments we have no need of forgiveness. This is the very best kind of forgiveness – none needed.

Here are brief excerpts from: To Give Is To Receive by Gerald.G.Jampolsky “The emphasis underlying this course is that inner peace can be reached only when we practice forgiveness. Forgive-ness is the letting go of the past, and is therefore the means for correcting our misperceptions. Our misperceptions can only be undone now, and this is possible only through the process of letting go whatever we think other people may have done to us, or whatever we may think we did to them. Through true forgiveness we can stop the endless recycling of guilt, and look upon ourselves and others with love. Forgiveness permits us to let go all thoughts that seem to separate us from each other. Without the belief in separation, we can accept our own healing and extend healing love to all those around us. Healing then, becomes the thought of unity. Whenever I see someone else as guilty, I am reinforcing my own sense of guilt and unworthiness. I cannot forgive myself unless I am willing to forgive others. Only through forgiveness can my release from guilt and fear be complete.”

Brief excerpts form: The Sermon On The Mount By Emmet Fox – “The technique of forgiveness is simple. The only thing that is essential is willingness to forgive. Provided you desire to forgive the offender, the greater part of the work is already done. People have always made such a bogey of for-giveness because they have been under to erroneous impression that to forgive a person means that you have to compel yourself to like him. Happily this is by no means the case – we are not called upon to like anyone whom we do not find ourselves liking spontaneously, and, indeed, it is quite impossible to like people to order. You can no more like to order than you can hold the winds in your fist, and if you endeavor to coerce yourself into doing so, you will finish by disliking or hating the offender more than ever. We are not obliged to like anyone; but we are under a binding obligation to love everyone, love, meaning a vivid sense of impersonal good will. This has nothing directly to do with the feelings; though it is always followed, sooner or later, by a wonderful feeling of peace and happiness.”

**THE METHOD** - The method of forgiving is this: **Get by yourself and become quiet. Repeat any prayer or treatment that appeals to you. Then quietly say. “I fully and freely forgive X (men-ting the name of the offender); I loose him and let him go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever. I cast the burden of re-resentment upon the [Higher Power] within me. He is free now, and I am free too. I wish him well in every phase of his life. That incident is finished. The Truth has set us both free. I thank God.” Then get up and go about your business.** Afterward, whenever the memory of the offender or the offense happens to come into your mind, bless the delinquent briefly and dismiss the thought. Do this, however many times the thought may come back. After a few days it will return less and less often, until you forget it altogether. Then, perhaps after an interval, shorter or longer, the old trouble may come back to memory once more, but you will find that now all bitterness and resentment have disappeared, and you are both free with the perfect freedom. Your forgiveness is complete. You will experience a wonderful joy in the realization of the demonstration.

## Letting 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 that I can't control another.
- ♥ 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 own destinies.
- ♥ 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 to love more.

### **An Acceptance Inventory**

1. Do you accept that people are often cruel, inconsiderate and heartless? \_\_\_\_\_

---

---

2. Do you accept that children all over the world are dying of malnutrition? \_\_\_\_\_

---

---

3. Do you accept that some people think the notion of God may be a fable? \_\_\_\_\_

---

4. Do you accept that some people are frequently devious and self-serving? ... \_\_\_\_\_

---

---

5. Do you accept that you have the right and obligation to help change the world even though you may not have the foggiest notion about how to do so? \_\_\_\_\_

---

6. Do you accept that you could lose your job or financial security...at any time? \_\_\_\_\_

---

7. Do you accept that someone you trust may betray you?\_\_\_\_\_

---

8. Do you accept the seeming inevitability of wars and bloodshed?\_\_\_\_\_

---

9. Do you accept that people are sometimes genuinely altruistic?\_\_\_\_\_

---

10. Do you accept that some people seem to be more evil than good?\_\_\_\_\_

---

11. Do you accept your own evil or less-than-perfectly-pure motives?\_\_\_\_\_

---

12. Do you accept the possibility of a cure for addiction someday?\_\_\_\_\_

---

13. Do you accept that innocent children are being abused...daily?\_\_\_\_\_

---

---

14. Do you accept that someone may be spreading false rumors about you?\_\_\_\_\_

---

15. Do you accept dying?\_\_\_\_\_

---

16. Do you really accept dying?\_\_\_\_\_

---

17. Do you accept the possibility that you could contract or develop a life-threatening illness?\_\_\_\_\_

---

18. Do you accept that millions of people in the world are better off than you are?\_\_\_\_\_

---

19. Do you accept that you have made some really serious mistakes?\_\_\_\_\_

---

20. Do you accept that you will continue making serious mistakes?\_\_\_\_\_

---

21. Do you accept generosity from others?\_\_\_\_\_

---

22. Do you truly accept the forgiveness of others?\_\_\_\_\_

---

23. Do you accept having harmed others?\_\_\_\_\_

---

24. Do you accept having intentionally harmed others?\_\_\_\_\_

---

---

25. Do you accept that you will eventually lose everything?\_\_\_\_\_

---

---

26. Do you accept the possibility of sudden and serious illness?\_\_\_\_\_

---

---

27. Do you accept that friends and confidants will lie to you?\_\_\_\_\_

---

---

28. Do you accept that your choices will be criticized?\_\_\_\_\_

---

---

29. Do you accept that some people will want to give you valuable gifts?\_\_\_\_\_

---

---

30. Do you accept being considered worthy by those you admire or respect?\_\_\_\_\_

---

---

31. Can you accept being or becoming a parent?\_\_\_\_\_

---

---

32. Do you accept that you are still in some ways an adolescent, despite your chronological age?\_\_\_\_\_

---

---

33. Do you accept that you may be highly susceptible to being conned?\_\_\_\_\_

---

---

34. Do you accept that people are violent?\_\_\_\_\_

---

---

35. Do you accept that you have purposely avoided telling others what they needed to hear?\_\_\_\_\_

---

36. Do you accept your own basic goodness? \_\_\_\_\_

---

37. Do you accept that you are whole, sufficient and complete? \_\_\_\_\_

---

38. Do you accept that you have not lived up to your full potential? \_\_\_\_\_

---

39. Do you accept that homicide and suicide are part of the human condition? \_\_\_\_\_

---

40. Do you accept the fact that newborns are regularly abandoned or killed? \_\_\_\_\_

---

41. Do you accept that sometimes people are laughing at you behind your back? \_\_\_\_\_

---

42. Do you accept that sometimes people do not take you seriously? \_\_\_\_\_

---

43. Do you accept the possibility of being in a fire or drowning? \_\_\_\_\_

---

44. Do you accept the possibility of being in a serious auto accident? \_\_\_\_\_

---

45. Do you accept that someone close to you may stop speaking to you? \_\_\_\_\_

---

---

---

---

46. Do you accept that some parts of life seem finite and futile?\_\_\_\_\_

---

---

47. Do you accept that some of your best efforts have been totally in vain?\_\_\_\_\_

---

---

4

48. Do you accept that innocent people are being tortured in many countries around the world [some of them at the hands of our agents]?\_\_\_\_\_

---

---

49. Do you accept sexual inadequacy? [Do you accept physical inadequacy? Do you accept social inadequacy? Do you accept spiritual inadequacy?\_\_\_\_\_

---

---

---

50. Do you accept that many criminals prosper?\_\_\_\_\_

---

---

51. Do you accept being a role model for others?\_\_\_\_\_

---

---

52. Do you accept being the source of love and compassion?\_\_\_\_\_

---

---

53. Do you accept your own limitations? \_\_\_\_\_

---

---

54. Do you accept your partner's limitations? \_\_\_\_\_

---

---

55. Do you accept your children's' limitations? \_\_\_\_\_

---

---

56. Do you accept the limitations of AA/NA? \_\_\_\_\_

---

---

57. Do you accept what might appear to be God's limitations? \_\_\_\_\_

---

---

58. Do you accept your sponsor's limitations? \_\_\_\_\_

---

---

59. Do you accept the limitations of your sponsees? \_\_\_\_\_

---

---

60. Finally, do you accept the current incomplete status of your acceptance? \_\_\_\_\_

---

---

---

---

---

---

---

*Questions are from The Tao of Sobriety and Fr. Jack Kearney*

**Stuff to think about:**

1. As we grow older and wiser, we begin to realize what we need and what we need to leave behind. Sometimes walking away is a step forward.
2. You will never achieve what you are capable of if you're too attached to things you're supposed to let go of.
3. Sometimes there are things in our lives that aren't meant to stay. Sometimes the changes we don't want are the changes we need to grow.
4. Growth and change may be painful sometimes, but nothing in life is as painful as staying stuck where you don't belong.
5. The hardest part about growing is letting go of what you were used to, and moving on with something you're not.
6. Accept what is, let go of what was and have faith in what could be.
7. Don't be afraid of change. Change happens for a reason. Roll with it. It won't be easy, but it will be worth it.
8. It's usually quite hard to let go and move on, but once you do, you'll feel free and realize it was the best decision you've ever made.
9. Never let your fear decide your future.
10. Fear doesn't exist anywhere except in your mind. It's difficult to follow your heart, but it's a tragedy to let the lies of fear stop you.
11. You can't always wait for the perfect moment. Sometimes you must let go and dare to do it because life is too short to wonder what could have been.
12. You're not the same person you were a year ago, a month ago, or a week ago. You're always growing. Experiences don't stop. That's life.
13. One of the most rewarding moments in life is when you finally find the courage to let go of what you can't change.
14. Never force anything. Give it your best shot, and then let it be. If it's meant to be, it will be. Don't hold yourself down with things you can't control.
15. When you stop expecting people and situations to be perfect, you can start to appreciate them for who and what they are.

16. Live simply. Love generously. Speak truthfully. Breathe deeply. Do your best. Leave everything else to the powers above you.
17. Giving up and moving on are two very different things.
18. Moving on doesn't mean forgetting, it means you choose happiness over hurt.
19. Giving up doesn't always mean you're weak; sometimes it simply means you are strong enough and smart enough to let go and grow.
20. Stop focusing on how stressed you are and remember how blessed you are. It could be so much worse.
21. Whatever is bringing you down, let it GO! You don't need that negativity in your life. Keep calm and be positive. Good things will happen.
22. Some people cannot stand that you're moving on with your life and so they will try to drag your past to catch up with you. Do not help them by acknowledging their behavior. Keep moving forward.
23. No matter how you live, someone will be disappointed. So just live your truth and be sure YOU aren't the one who is disappointed in the end.
24. Love yourself! Forgive yourself! Accept yourself! You are YOU and that's the beginning and the end - no apologies, no regrets.
25. You are GOOD enough, SMART enough, FINE enough, and STRONG enough. You don't need other people to validate you; you're already valuable. (*Read [1,000 Little Things Happy, Successful People Do Differently.](#)*)
26. One of the most freeing things we learn in life is that we don't have to like everyone, everyone doesn't have to like us, and it's perfectly OK.
27. Try not to take things other people say about you too personally. What they think and say is a reflection of them, not you.
28. If you care too much about what other people think, in a way, you will always be their prisoner.
29. Sometimes we expect more from others because we'd be willing to do that much for them. Keep loving. You'll learn who's worth it in the end.
30. Not everyone will appreciate what you do for them. You have to figure out who's worth your attention and who's just taking advantage of you.
31. Saying yes to happiness means learning to say no to the people and things that hurt you. Be wise enough to walk away from the negativity.
32. What you allow is what will continue. It's better to be lonely than allow negative people and their opinions derail you from your destiny.
33. If you feel like your ship is sinking, it might be a good time to throw out the stuff that's been weighing it down. Let go of people who bring you down, and surround yourself with those who bring out the best in you.
34. Just because someone has been in your life for many years, doesn't mean there shouldn't be a point at which you finally decide to let go.
35. One of the most difficult tasks in life is removing someone from your heart.
36. You have to understand that people come and people go. That's life. Stop holding on to those who have let go of you long ago.
37. Sometimes we don't forgive people because they deserve it. We forgive them because they need it, because we need it, and because we cannot let go and move forward without it.

38. The first to apologize is the bravest. The first to forgive is the strongest. The first to move forward is the happiest.
39. Don't cry over the past, it's gone. Don't stress about the future, it hasn't arrived. Do your best to live in the NOW and make it beautiful. (*Read [The Power of Now](#).*)
40. Be wise enough to let go when you should and strong enough to hold on when you must.
41. Don't let dumb little things break your happiness. True wealth is the ability to experience and appreciate each moment for what it's worth.
42. Life is too short to spend at war with yourself. Practice acceptance and forgiveness. Letting go of yesterday's troubles is your first step towards happiness today.
43. Worry gives small things a big shadow. In the end, you can either focus on what's tearing you apart, or what's holding you together.
44. Old worries are down payments on problems you may never have. Let them go. Today is a NEW beginning; take a deep breath and START AGAIN.
45. Smile, even when it feels like things are falling apart. Smiling doesn't always mean you're happy; sometimes it simply means you're strong.
46. There comes a time when you have to stop thinking about your mistakes and move on. No regrets in life – just lessons that show you the way.
47. Remember the good times, be strong during tough times, love always, laugh often, live honestly, and be thankful for each new day.
48. You can't let one bad moment spoil a bunch of good ones. Don't let the silly little dramas of each day get you down.
49. If you are diligent and patient, everything you truly need in your life will come to you at the right time.
50. Everything will fall into place eventually. Until then, learn what you can, laugh often, live for the moments, and know it's all worthwhile.

Some forgiveness quotes to think about:

Forgiveness is the sweetest revenge. *Isaac Friedmann*

Forgive all who have offended you, not for them, but for yourself. *Harriet Nelson*

The weak can never forgive. Forgiveness is the attribute of the strong. *Mahatma Gandhi*

Always forgive your enemies - nothing annoys them so much. *Oscar Wilde*

Forgiveness is the fragrance the violet sheds on the heel that has crushed it. *Mark Twain*

Forgiveness is a funny thing. It warms the heart and cools the sting. *William Arthur Ward*

Forgiveness will not be possible until compassion is born in your heart. *Thich Nhat Hanh*

When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us. *Alexander Graham Bell*

Forgiveness does not change the past, but it does enlarge the future. *Paul Boese*

All the art of living lies in a fine mingling of letting go and holding on. *Havelock Ellis*

Without forgiveness life is governed by... an endless cycle of resentment and retaliation. *Roberto Assagioli*

Forgiveness is the final form of love. *Reinhold Niebuhr*

Never forget the three powerful resources you always have available to you: love, prayer, and forgiveness.  
*H. Jackson Brown, Jr.*

The public is wonderfully tolerant. It forgives everything except genius. *Oscar Wilde*

To err is human; to forgive, divine. *Alexander Pope*

To understand is to forgive, even oneself. *Alexander Chase*

In the end these things matter most: How well did you love? How fully did you love? How deeply did you learn to let go? *The Buddha*

Knowledge is learning something every day. Wisdom is letting go of something every day. *Zen Proverb*

The more you know yourself, the more you forgive yourself. *Confucius*

It is very easy to forgive others their mistakes; it takes more grit and gumption to forgive them for having witnessed your own. *Jessamyn West*

Do as the heavens have done, forget your evil; With them forgive yourself. [\*William Shakespeare\*](#)

To err is human; to forgive, infrequent. *Franklin P. Adams*

More letting go.....Reflect on:

1. Must-erbatation. Stop it.
2. Black and White thinking. This is dope-fiend behavior; the world is full of grayness. Stop it.
3. Using the "F" word. Stop iffing, what-iffing,, and if-only-ing.
4. Accept the fact that no one can make you mad, sad or glad without your permission.

#### **POWER INVENTORY**

Spiritual health demands that we give our power to God and ourselves; others: not so much.

Underlying Principle: You are the architect of your own life.

1. What other people think about you is none of your business.
  - a. Who do I give too much power to?
  - b. Who don't I give enough power to?
2. No one can make me mad, sad, or glad without my permission.
  - a. Who mistreats me? Altho I can't control their actions, try to not allow them to get to me?
  - b. Who do I overdepend on to feel good about me?
  - c. Who do I still need to forgive?

3. God gets paid to worry about things for us.
  - a. What things don't I "turn over"? b. Do I not allow God to do his God-job?
4. If it doesn't affect your place in eternity then it can't be that important....
  - a. What things do I tend to place too much importance on? b. Do I think of long-term consequences of my actions? c. Do I let my anger hurt me unnecessarily with those I love?
5. There is no problem too big that you can't run away from it. (Don't underestimate your's or another's ability to avoid reality.)
  - a. What issues do I tend to avoid?
6. Being too nice can be as bad as being too mean.
  - a. Do I ever hurt others by trying to protect their feelings about me? Who? How?
7. Going to the other extreme is not recovery either.
  - a. What unbalances me? How do I tend to over-react?
8. Know the difference between thinking and feeling. (There is no such thing as "I feel that...")
  - a. Do I ever hide behind my feelings and use them as an excuse?
9. Learn to say, "Whose problem is it?".
  - a. List some of the major issues in your life and relationships. Where is the power? Where might you let someone else have their own problem?
10. All good decisions are discussable. (When in doubt, surrender)
  - a. What am I so stubborn about that I refuse to discuss with others?
11. It's okay to love an alcoholic/addict, but it's not okay to let them drink & use. (It really is a disease!)
  - a. Are there people I love that might need professional help that I ignore?
12. Use the serenity prayer, long or short version.
  - a. Do I ever use anger as an excuse not to pray?
13. Is that a prediction or a decision?
  - a. do I sabotage my own success by making predictions that are really decisions?
14. The way out of the crap is through it.
  - a. Am I willing to go thru the pain necessary to heal? b. What things do I keep hiding?

15. Set boundaries, not walls.

a. am I so heavily defended that I am vulnerable with no one?

16. Avoid profanity, and don't use the "F" word. Stop iffing, what-iffing,, and if-only-ing.

a. Do I ever catch myself in the act of saying if, what if, or if only?

17. Must-erbation. Stop it.

18. Black and White thinking. This is dope-fiend behavior; the world is full of grayness. Stop it.

**“In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you.”**

*When you have any faith at all, letting go and letting God can be like getting out of your own way, which activates the best of who you are and invites the greatest power in the Universe to assist you.*

*Anybody who has ever truly released their need to control or change others will tell you that something powerful and beautiful washed over them at the moment they finally let go.*

*If you believe that God is within you, then it might be easier to imagine that when you relax and let go, that powerful Inner Being can more easily emerge from within you and do the right thing.*

*Try finishing your prayers with, "Thy will be done." That is letting go and letting God, and it provides relief and makes your prayer more effective.*

-