

C6 Activity #2: Guided Self-Reflection on Letting Go

Directions: Read the following poem to help you reflect on your feelings about letting go of situations that no longer give energy, joy, purpose or meaning to your life.

To “Let Go” Takes Love (Author Unknown)

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 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 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 himself or herself.
To “Let Go” is not to be in the middle arranging all the outcomes,
but to allow others to determine their own destinies.
To “Let Go” is not to be less protective,
it is to permit another to face reality.
To “Let Go” is not to dominate,
but to be willing to let things happen.
To “Let Go” is to not to betray the past,
but to have faith in the future.
To “Let Go” means to fear less and to love more.

To become better at *Letting Go*, ask yourself:

- What responsibilities, people, thought patterns, behaviors, habits, or living arrangements do you need to *let go*?
- How are you currently handling these situations?
- How do you feel about *letting go*?
- Do you need some help? Who could you go to for help?
- What action on your part would help you to *let go*?
- What benefits might you receive if you *let go*?