



ROSEWOOD®

CENTERS FOR EATING DISORDERS

LETTING GO – FROM ROSEWOODRANCH.COM

To let go doesn't mean stop caring,
It means I can't do it for someone else.

To let go is not to cut myself off,
It is the realization that I can't control another.

To let go is not to try to change or blame another,
I can only change myself.

To let go is not to fix,
But to be supportive.

To let go is not to judge,
But to allow others to effect their own outcomes.

To let go is not to be protective,
It is 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 to search out my own shortcomings and to correct them.

To let go is not to adjust everything to my desires,
But to take each day as it comes and to cherish the moment.

To let go is not to criticize and regulate anyone,
But to try to become what I dream I can do.

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.more.