

According to Alanon literature, “**Letting go**” may require a mind-shift into the thoughts that allow you to detach without feeling guilty, heartless, selfish or unloving. Use the following Alanon material below to affirm the healthy way to detach with love.

### **To “Let Go” Takes Love**

**To “let go”** does not mean to stop caring. It means I cannot do it for someone else.

**To “let go”** is not to cut myself off. It is the realization that I cannot 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 is 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 effect their own destinies.

**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 instead to discover 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 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 to the future.

**To “let go”** is to fear less and to love more.

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