

How to Let Go ...

What is/was the most consistent argument you have/had with your partner? _____

Did you ever solve it / find a middle ground? _____

Can you think of an instance where you had a pretty big argument with someone and can now look back on it and laugh or perhaps you cannot even remember what it was about? _____

Going back at least 6 months, can you think of 10 things your partner (or ex) "has done to you"?

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Do you feel as though you can forgive the worst of the things that plague your relationship?
Can you think of a way around the issue? _____

"A good compromise is when both parties are dissatisfied." - Larry David / "A compromise is the art of dividing a cake in such a way that everyone believes he has the biggest piece." Ludwig Erhard

When should you let go?

How do you let go?

How does letting go benefit you?

In the end, what matters most is how well did you live, how well did you love, and how well did you learn to let go.