



# *Passion for Life Coaching, LLC*

*Making Deliberate Choices for a Fulfilling Life*

Newsletter by Suzette Langley, Certified Life Coach and MSW

## **Learning to Let Go**

June 2009

As I surfed through my Facebook account, I noticed pictures of a friend skydiving. WOW! I commented on her photo and she wrote back "I considered it an exercise in learning to let go." I agree!

As I observed those around me, I noticed many people who are in the process of letting go in their daily lives rather than by extreme like skydiving. We let go of many things in our life - outdated self-images, behaviors that no longer get results, unrealized dreams, unhealthy relationships, children who grow up, jobs, resentments, and the list goes on.

Letting go follows the realization that holding on is an energy drain. It's not giving up but instead a decision that whatever baggage or situation one is clinging to is no longer worth holding. Anxieties, negative thoughts, debilitating anger, fears, worry, and things that hold one back start to resolve. Although letting go eventually results in visible changes, the first step in letting go occurs inside oneself and is only felt to that person. It arrives as a sense of resolution as the internal mental and emotional struggle start to unwind.

Letting go can be relatively easy when one is ready to move on and actions are clear. When a situation has become so negative and draining, deciding to move forward creates freedom, even though change is involved. For example, leaving a job that has taken up time and energy with minimal rewards or leaving a relationship that is one-sided brings liberation.

Letting go can be extremely challenging. Often, we recognize a behavior is no longer serving us but lack of knowledge or skill makes letting go of that behavior difficult. I see this frequently in clients that I coach. If food has been an emotional support, recognition exists that eating to cope with emotions is unhealthy but what behaviors replace that? Managers and executives observe that their leadership style is not getting the results they desire but how should they manage, motivate, and communicate? In these instances, the process of letting go is more gradual as new behaviors are developed to replace old ones.

Just like skydiving, letting go takes courage, strength and acceptance. What do you need to let go of right now? What would you gain by letting go? Where have you gained in the past by letting go? Just remember - the less you carry, the farther you will go.

*Hanging onto resentment is letting someone you despise live rent-free in your head.*  
– Ann Landers

*When I let go of what I am, I become what I might be.* – Lao Tzu

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to [Suzette@SuzetteLangley.com](mailto:Suzette@SuzetteLangley.com). I also welcome feedback and ideas for future topics. For more information, visit [www.SuzetteLangley.com](http://www.SuzetteLangley.com) or call 410-757-7326. Copyright © 2009, Suzette Langley