

When is It Time to Let Go?

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Her voice on the coaching call was teary and tired. “It was just a really, really long day.” Her son’s car had broken down, and she had gone to pick him up at midnight the night before. He is 29 and still living at home.

“My mom said maybe she’d move into a nice retirement home like her friends one of these days. I sure wish that day were today.” My single friend’s mom lives six blocks away. She goes over to her home at least 3 times a week and checks in with her daily - even though her mom is very healthy, alert, active, and drives her own car everywhere. She admits that her worries about her mother are keeping her from moving to Florida.

“My daughter never calls. I’ve been going through some health issues, and she doesn’t even call to check up on me. As her father, don’t I deserve the respect of a phone call or a visit once in awhile?”

In each of these cases, these individuals were “hinting” about their desires, hoping someone or something would change.

Someone definitely needs to change for things to get better in our lives, but it’s never THEM.

Things do not change, we change.

- Gandhi

Who have you been hoping would change? How does it feel to put all of *your* change in *their* pockets? When you take a closer look, you’ve been shoulding on them. Maybe silently, maybe out loud you’ve been saying, “They should...” The problem is that shoulding on others never feels good for you or them, and it never changes anything.

When I find myself in that situation, as I did just last month, I love to use Byron Katie’s turnaround method called “The Work.” First, write down your “should” statement about that person. Then ask yourself these 4 questions:

1. Is it true? (that they should change?)
2. Can you absolutely know that it’s true? (No you can’t.)

3. How do you react when you believe the thought that they should change? (How do you feel? How do you treat them?)
4. Who would you be *without* that thought? (If you could not think the “should” thought, how would you feel, react, etc.)

For a free handout of this process, go to Katie’s website:

<http://thework.com/en/do-work#questions>

“What is is. The only time we suffer is when we believe a thought that argues with what is. ‘Should’ thoughts are wanting reality to be different than it is. That fact is that it should have happened because it did happen. When we stop arguing with reality, our life becomes simpler, kinder and fearless. We know what to do next.”

- Byron Katie

When we stop shoulding, it’s clear that...

- It’s time to start charging the 29-year-old rent and double it every month until he moves out.
- It’s time to have the garage sale, pack up your bags and move to Florida.
- It’s time to join a Meetup group, or a book study at church, or a CODA group for recovering codependents.

So what is it time for you to let go of?

When you’re ready to release, your life awaits you.

MK