

CLOUD-TOWNSEND

RESOURCES



Loving People, 5: Letting Go—Accepting What Is

Featuring

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I. Introduction

Sometimes the most loving thing you can do is let go of someone

II. When we allow reality to win, we cannot lose

Letting go: The negative that is a positive

Some relationships will have a season

God doesn't take away our choices—even to leave

¹For everything there is a season, a time for every activity under heaven.

²A time to be born and a time to die. A time to plant and a time to harvest.

³A time to kill and a time to heal. A time to tear down and a time to build up.

⁴A time to cry and a time to laugh. A time to grieve and a time to dance.

⁵A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away.

⁶A time to search and a time to quit searching. A time to keep and a time to throw away.

⁷A time to tear and a time to mend. A time to be quiet and a time to speak.

⁸A time to love and a time to hate. A time for war and a time for peace.

—Ecclesiastes 3:1-8

III. Why is letting go good?

It aligns us with “what is”

If there's a chance that the other will ever turn around (=“repent”), it's because they had the space and freedom to make that choice

IV. The goodbyes

Say goodbye to the demand for others to change

When you say “You have to,” the relationship shifts from adult-adult to parent-child

This doesn't mean that we don't influence and talk and desire

Say goodbye to the demand for perfect justice and fairness

Keeping score is a good way to ruin relationships

Give up the demand for one specific person to meet your needs

The dependency conflict: we need other people in our lives, too

Say goodbye to the demand for someone to stay in who wants to get out

What if the best thing for someone is to experience your absence?

V. Elements of letting go

- Forgive

Forgiving is canceling a debt

When you can't forgive, often you can't let go

- The grief process

Grief is letting go of what you cannot have

- Adaptation

- Faith

VI. Next steps

- Learn to say what you want and stick with what you want and yet preserve freedom
- Become comfortable with sad feelings
- Become comfortable valuing the good aspects of the one who leaves

Next week on *Solutions*: “Loving People, 6: Romance—The Attraction Factor”

Resources

BOOKS:

Loving People

By Dr. John Townsend
www.cloudtownsend.com

Who’s Pushing Your Buttons?

By Dr. John Townsend
www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend
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