

SOME IDEAS ABOUT SURRENDER

some excerpts from material supplied by Tice Elkins, L.C.S.W., Roseville, CA

To surrender means to not be dysfunctionally protective of others

**It means to let our loved ones face their own reality,
the consequences of their own decisions**

To surrender means to stop trying to control others.

It is to use my energy to become what I dream I can be.

To surrender is not to regret the past

It is to grow and live in the present, and for the future

To surrender is to stop denying

It is to become more accepting of reality

To surrender does not mean to stop caring

It means I can not do it for somebody else

To surrender means I cannot enable others dysfunction any longer

It means I have to allow others to see their own consequences

To surrender means to stop being in the middle of arranging of events

It is to allow others to impact their happenings

To surrender is to be unwilling to adjust my schedule to everyone else's

It is to take full responsibility for me

To surrender is to fear less and give up guilt and inadequacy

It means to love and accept both myself and others



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**