

# LET IT GOOOOO.

By Rick R.

When I look back on the way my past has bothered me, through the years, it occurred to me that it was not the places and things that crowded my thinking, it was about the resentments I had with the people in those places and the people that owned those things that need to be resolved. When I heard that we had to stop fighting everything and everyone it took a while for me to bear down on this idea, and when I did, I started to make a list of ways to put this principle into practice and to put these resentments behind me. Most people have these same problems, to one degree or another, so I learned that had to give them the same latitude that I would like them to extend to me. I call them my default positions. Some came from our literature, and some came as I became aware of other areas that conform to the spirit of the program.

1. Restraint of pen and tongue.
2. They have problems too.
3. Everyone gets amnesty.
4. Take the high road.
5. Do not say something you may regret later.
6. I am no better than him/her.
7. We all have feet of clay.
8. We are all just like kids learning how to do life.
9. Be strong enough to look beneath the surface.
10. I am not in charge of anyone but myself.
11. Detach with love.
12. I have no reason to point out anyone else's faults.
13. I should never act on what I think they are thinking. (No mindreading)
14. Their God is telling them what to do.
15. I am not the Judge.
16. They are a product of their environment. (Mentally and physically)
17. If you are perfect, Disregard 1 through 16.

I could add the Saint Francis prayer. If I still have problems after, all of that, and I want to be at peace with myself and with others, I will just have to learn to just LET IT GO.