

THE
Language of
Letting Go

Daily Meditations
on Codependency

AUTHOR OF
THE NEW YORK
TIMES
BEST SELLER
CODEPENDENT
NO MORE

MELODY
BEATTIE



**THE
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OF
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HAZELDEN*

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DEDICATION

For her help in writing this book, I acknowledge and thank Rebecca Post, my editor at Hazelden.

This book is dedicated to

God

The readers of *Codependent No More*
and *Beyond Codependency*
And my friend, Louie

INTRODUCTION

This is a book of meditations. It is designed to help you spend a few moments each day remembering what you know.

I have touched on principles from *Codependent No More* and *Beyond Codependency*. I've also included some new thoughts and ideas.

It is a book to help you feel good and assist you in the process of self-care and recovery.

Thanks for the support, encouragement, and success you've given me. I hope I have given you a gift in return too.

Melody

January



The New Year: January 1

Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come.

Goals give us direction. They put a powerful force into play on a universal, conscious, and subconscious level.

Goals give our life direction.

What would you like to have happen in your life this year? What would you like to do, to accomplish? What good would you like to attract into your life? What particular areas of growth would you like to have happen to you? What blocks, or character defects, would you like to have removed?

What would you like to attain? Little things and big things? Where would you like to go? What would you like to have happen in friendship and love? What would you like to have happen in your family life?

Remember, we aren't controlling others with our goals—we are trying to give direction to *our* life.

What problems would you like to see solved? What decisions would you like to make? What would you like to happen in your career?

What would you like to see happen inside and around you?

Write it down. Take a piece of paper, a few hours of your time, and write it all down—as an affirmation of you, your life, and your ability to choose. Then let it go.

Certainly, things happen that are out of our control. Sometimes, these events are pleasant surprises; sometimes, they are of another nature. But they are all part of the chapter that will be this year in our life and will lead us forward in the story.

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.

Today, I will remember that there is a powerful force motivated by writing down goals. I will do that now, for the year to come, and regularly as needed. I will do it not to control but to do my part in living my life.

Healthy Limits: January 2

Boundaries are vital to recovery. Having and setting healthy limits is connected to all phases of recovery: growing in self-esteem, dealing with feelings, and learning to really love and value ourselves.

Boundaries emerge from deep within. They are connected to letting go of guilt and shame, and to changing our beliefs about what we deserve. As our thinking about this becomes clearer, so will our boundaries.

Boundaries are also connected to a Higher Timing than our own. We'll set a limit when we're ready, and not a moment before. So will others.

There's something magical about reaching that point of becoming ready to set a limit. We know we mean what we say; others take us seriously too. Things change, not because we're controlling others, but because we've changed.

Today, I will trust that I will learn, grow, and set the limits I need in my life at my own pace. This timing need only be right for me.

Nurturing Self-Care: January 3

...there isn't a guidebook for setting boundaries. Each of us has our own guide inside ourselves. If we continue to work at recovery, our boundaries will develop. They will get healthy and sensitive. Our selves will tell us what we need to know, and we'll love ourselves enough to listen.

—Beyond Codependency

What do we need to do to take care of ourselves?

Listen to that voice inside. What makes you angry? What have you had enough of? What don't you trust? What doesn't feel right? What can't you stand? What makes you uncomfortable? What do you want? Need? What don't you want and need? What do you like? What would feel good?

In recovery, we learn that self-care leads us on the path to God's will and plan for our life. Self-care never leads away from our highest good; it leads toward it.

Learn to nurture that voice inside. We can trust ourselves. We can take care of ourselves. We are wiser than we think. Our guide is within, ever-present. Listen to, trust, and nurture that guide.

Today, I will affirm that I am a gift to myself and the Universe. I will remember that nurturing self-care delivers that gift in its highest form.

Separating from Family Issues: January 4

We can draw a healthy line, a healthy boundary, between ourselves and our nuclear family. We can separate ourselves from their issues.

Some of us may have family members who are addicted to alcohol and other drugs and who are not in recovery from their addiction.

Some of us may have family members who have unresolved codependency issues. Family members may be addicted to misery, pain, suffering, martyrdom, and victimization.

We may have family members who have unresolved abuse issues or unresolved family of origin issues.

We may have family members who are addicted to work, eating, or sex. Our family may be completely enmeshed, or we may have a disconnected family in which the members have little contact.

We may be like our family. We may love our family. But we are separate human beings with individual rights and issues. One of our primary rights is to begin feeling better and recovering, whether or not others in the family choose to do the same.

We do not have to feel guilty about finding happiness and a life that works. And we do not have to take on our family's issues as our own to be loyal and to show we love them.

Often when we begin taking care of ourselves, family members will reverberate with overt and covert attempts to pull us back into the old system and roles. We do not have to go. Their attempts to pull us back are their issues. Taking care of ourselves and becoming healthy and happy does not mean we do not love them. It means we're addressing our issues.

We do not have to judge them because they have issues; nor do we have to allow them to do anything they would like to us just because they are family.

We are free now, free to take care of ourselves with family members. Our freedom starts when we stop denying their issues, and politely, but assertively, hand their stuff back to them—where it belongs—and deal with our own issues.