

## Wroten & Associates

### February 2014 Leadership Insight

#### Control and the Power of Letting Go

"You must learn to let go. Release the stress. You were never in control anyway." - Steve Maraboli

I recently had an experience that drove home the fact that I just might be someone who needs to learn how to let go! I consider myself to be a moderately controlling person, but when I became a victim of a car burglary I realized there are some things you just can't control and you just have to let go. I spent many a sleepless night feeling powerless, angry, frustrated, disappointed and distrusting of mankind. I realized that my need to control was causing me more stress than the burglary.

Take a moment to think about how controlling you are. Do you consider yourself to be very controlling, moderately controlling or, are you not controlling at all? For some, control is a bigger issue than for others. Control is not always a good thing. Common sense tells us we can't control everything that occurs, but many of us try at all cost. The major side effects of being controlling are stress, fear that the results we want won't happen if we are not in control, and lack of trust. We feel we must manage every aspect of situations, projects and relationships, and that others can't be counted on. The negative impact of being controlling spills over to the people we work with, those we love and all those around us.

Here is what I have learned about the process of letting go of the things that I cannot control. There are many things that we can do to let go of control starting with being honest in **assessing** your own controlling nature. Look at where, how and why you want to control. **Willingness** is the first step in positive change. Ask yourself if you are willing to let go of control. If you are willing to ask and answer this question, the more likely you are to begin letting go. Ask for and accept **support from others**. Remember, things don't have to be perfect. And finally, **surrender**. Don't worry, surrendering doesn't mean not caring or giving up. When we surrender we are consciously deciding to trust and have faith in the process, in others and in ourselves.

It is important to remember letting go of control is a process and may not come easily for some. But with practice you can learn to expand your capacity to let go of control in a positive and liberating way. Letting go is about loosening our grip allowing ourselves to be supported, and trusting that things will turn out as they should.

Wishing you a supported and insightful month!

Positively provided to you by:

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Reference: *Focus on the Good Stuff*, by Mike Robbins

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