

Releasing Worry

While we will sometimes try to control our loved ones out of the need to protect them, controlling and worrying brings no good to everyone involved. If you feel the need to control a specific person or situation, it can be helpful to repeat the following mantra out loud on a daily basis, or as often as you feel led to. It's important to believe your statement when you're saying it.

I have faith that my loved one (state their name or your relation to them) will make the right choices and decisions.

This helps you release the worry, but it also helps manifest better situations for the other parties involved.