

LETTING GO

IS BETTER THAN

GETTING  
LOW

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## Letting Go is Better than Getting Low – from [Leadership Wisdoms](#)

However hard we try, there are some things that suck the very breath from us. Times where whatever we do, makes no difference and the pressure and stress begins to affect us, our health and wellbeing too.

The truth is we all have choices, and we all have the challenge that sometimes, things that face us cannot be changed directly. We can, of course, amend our own behaviours and see if that drives the changes we need. But we cannot force people to be different than they choose to be.

When people get us down, we can seek out why they behave the way they do. In most cases, unpleasant behaviours in others is **not** about us. We need to be resilient in how we see ourselves, or it is possible that we take their issues personally and blame ourselves for the way *they* are. Subconsciously, that's exactly what they are after. To bring us down to their own level of feeling, to make them feel better.

As we consider what we can do to change this, we have options, for it's vital to retain our own self-esteem and not be trodden over by someone else's bad feelings about themselves. This takes a lot of personal self-belief and, especially when you might be a kind and sensitive person, it can be easy to blame yourself for how others feel. That is not your job.

And sometimes you must let go. Whether it be a partner or a boss. Whether it be a friend or a colleague. It might be a task or even a dream. Sometimes it's time to take a stance. Before it really hurts and affects your health and well-being. You do not have to undergo that for anyone or anything.

Sometimes letting go is the best option for yourself. Do not let circumstances harm you, especially by a drip feed 'it's not so bad'. Be pro-active.

### 5 Steps to Letting Go

1. Be clear with yourself that you have been flexible to accommodate the challenge in front of you.
2. Ensure that the issue is not with you being able to adapt your own way to make the best of the situation
3. Plan to let go and have a strategy to exit, if appropriate.
4. If the plan is over a period of time, take care not to let your performance drop.
5. Take opportunities to enhance your own capabilities whilst biding your own time to let go.

**How will you say 'yes' to the offer of help from others more often?**

### About Martin

Martin Haworth is a leadership coach and trainer based in Gloucester England. He coaches individuals one-to-one developing their leadership skills, on their personal development and career planning. He also works with organisations helping them deliver effective leadership throughout their organisation in a kind, supportive and motivational way. [martinhaworth.com](http://martinhaworth.com)

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