FIVE TRUTHS TO
HELP YOU

Let Go With Love

REFLECTIONS
WORKBOOK

For moms who long to move forward in life, untethered from the past

CHRISTINE MORIARTY FIELD
WWW.REALMOMLIFE.COM

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5 Truths to Help You Let Go With Love
First published in the United States of America by Christine Moriarty Field.
www.empoweredagingwomen.com | www.realmomlife.com

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5 Truths to Help You Let Go with Love
For women who have given everything and are learning to release without guilt

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Intro from Christine

Dear Heart,

If you've found your way to these pages, I know one thing for sure:
You've loved deeply.
You've carried a lot.
And now, you're being called to let go — with love, not bitterness.

Letting go doesn't mean giving up.
It means loosening your grip on what you can't control…
…so you can finally breathe again.

These 5 truths were hard-earned through my own journey — through motherhood, divorce, estrangement, and reinvention. I hope they meet you right where you are and help you take one step closer to peace.

You're not done yet.
The book of your life is still being written.

What do we mean by letting go?

Letting go isn't just something we *do*.
It's something we *live through*.

If you're here, it likely means you've been holding on for a long time—
to people you love,
to roles you played,
to expectations you clung to like a lifeline.

For many women, especially those who have poured themselves into mothering, marriage, caregiving, and keeping it all together, the idea of *releasing* anything can feel like betrayal. Of our families. Of our values. Of ourselves.

But here's the truth no one says out loud:
Letting go isn't giving up.

It's growing up—into your next becoming.

Why It Feels So Hard:

Attachment & Identity:

We wrapped our identities around being needed. Around fixing, soothing, advising. It made us feel valuable. Real. But when the season shifts and our help is no longer wanted—or needed—it can feel like a slow erasure.

Who am I now if I'm not holding it all together?

Emotional Labor & Exhaustion:

You've carried invisible loads—other people's feelings, disappointments, dreams. You've mediated, mended, and made peace at your own expense. No wonder you're tired. Letting go feels impossible when you're already running on fumes.

Faith & Surrender:

If you're a woman of faith, you've likely prayed, cried, and waited. But surrender is not passive. It's active trust. It means laying things down not because you've stopped caring—but because you *care enough* to step back and let God move.

The Myth of the "Selfless" Mother:

Culture told us we're only good mothers if we *never stop giving*. But that's not sustainable. Or holy. Self-erasure is not love. True love includes wisdom. Boundaries. And sometimes, stepping aside.

So, if you're feeling guilty, unsure, or afraid—you're not broken. You're human. And you're at a sacred threshold.

Letting go with love is not a loss.

It's a return—
To yourself.
To peace.
To freedom.

You are not abandoning anyone.
You are *reclaiming* you.
Let's begin.

Your soul-friend in the journey,

Christine

Truth #1: You're Not Responsible for How They Carry Their Story

You may have made mistakes. We all have.

But you are not responsible for how someone else chooses to interpret, remember, or reframe the past.

Let go of the overexplaining.
The guilt spirals.
The sense that you must fix what only God can heal.

Reflection Prompt:
What emotional burdens are you carrying that no longer belong to you

Optional Journaling Suggestions

- Write down three things you're still trying to explain, justify, or defend—and release them, one by one.
- Imagine placing each burden into God's hands. What does that feel like?
- Write a letter to yourself from the future—what has peace taught you?

Anchoring affirmation:
I release what is no longer mine to carry.

Truth #2: Love Sometimes Means Stepping Back

Letting go doesn't mean you stop loving.

It means you stop controlling, rescuing, or cushioning.

It means allowing consequences to teach, not you.

Sometimes the most loving thing you can do is let go — and trust that love doesn't disappear in the distance.

Reflection Prompt:
Where in your life have you mistaken control for love?

Optional Journaling Suggestions:

- List ways you've "helped" that may have been more about your own anxiety than their need.
- What would it feel like to love from a distance? Describe it.
- Write a letter you'll never send that says what your heart needs to say

Anchoring Affirmation:
I can love without losing myself.

Truth #3: Grief Is Part of Letting Go — Let It Come

You may be grieving the relationship you *wish* you had.

Or the version of someone you *hoped* they'd become.

Grief is not weakness.

It's sacred ground.
Feel it. Name it. Let it wash through you.

Because healing begins where grief is allowed to speak.

Reflection Prompt:
What are you grieving that needs to be honored — not hidden?

Optional Journaling Suggestions:

- Name your grief. Write a list of what you've lost—not just people, but dreams, illusions, expectations.
- Write a letter to the version of the relationship you hoped for. Say goodbye with compassion.
- Describe what it would mean to *live alongside* the grief without letting it rule your life.

Anchoring Affirmation:
My grief is a sacred witness to how deeply I have loved.

Truth #4: Your Peace Matters, Too

You've prioritized everyone else's comfort for decades.

Now it's time to guard your own.

Letting go means protecting your mental, emotional, and spiritual space—without apology.

Boundaries are not walls.

They are doors to your well-being.

Reflection Prompt:
Where is your peace being disturbed — and what boundary needs to be set?

Optional Journaling Suggestions:

- Where in your life have you made peace negotiable?
- Create a list titled, "My Non-Negotiables for Peace."
- Write a script or mantra you can say when a boundary is tested.

Anchoring Affirmation:
My peace is not selfish. It is sacred.

Truth #5: This Is Not the End of the Story

Letting go creates space—

For peace.

For possibility.

For purpose.

You're not closing a chapter.

You're starting a new one.

Let go—not into nothingness—

But into freedom.

Reflection Prompt:
What is this letting go making room for in your life?

Optional Journaling Suggestions:

- Describe your next chapter in vivid detail—What do you see, feel, and believe is possible?
- Write a vision statement for your second act.
- Journal a prayer or blessing over your future self.

Anchoring Affirmation:
I am letting go into something good.

In Closing……..

You're not giving up. You're giving it back. And that's holy.

May this journey into release become a doorway to rebirth.

May you feel lighter, freer, and more YOU than ever before.

And may love – real, unburdened love – lead you forward.

Visit www.realmomlife.com to subscribe to my weekly notes of truth, hope, and reinvention. You'll also find links to:

- **My books and second-act stories**
- **A community of wise, real women**
- **Tools to help you build a life rooted in peace and purpose**

Because you're not alone.

You're just getting started.

With grace and truth,

Christine

You can read my story of grace and redemption in my book, Marriage and Motherhood Survivor, available HERE.