

# Loving Lions

## LETTING GO CHEAT SHEET

*A Practical Guide Inspired by Loving Lions*

# INTRODUCTION

In *Loving Lions*, the chapter “Afraid to let go” explores the emotional and mental struggle of releasing what feels safe (even if it’s destructive) to embrace a new way of life. Often, fear keeps us clinging to the “devil we know.” But the book highlights that once you finally risk letting go, genuine hope and change can emerge.

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*“Letting go is hard. Letting go of something that really doesn’t work, but still makes you feel safe, is hard. Letting go of that which works for you for something you have never really experienced is hard... until you actually let go, then it starts to work.”*



**Recognize  
the "Devil  
You Know"**



# ***The Devil You Know***

## **Acknowledge the Comfort**

Whether it's substances, enabling a loved one, or destructive behaviors, part of you might rely on them to cope. They seem to offer relief (even if they're slowly undermining your life). *Loving Lions* encourages honesty about how these habits "feel safe" because they're familiar.

## **Identify Your Fear**

Ask yourself: "What am I worried will happen if I stop doing this?"

Write down or discuss with someone you trust—knowing your specific fear (rejection, withdrawal, facing guilt) helps you tackle it.

# **Creating A Perspective Shift**

# Shift “Letting Go” from A Loss to A Gain

## Reframe the Risk

Per the book’s message, letting go isn’t losing everything—it’s creating space for healthier coping, genuine relationships, and true relief.

Example: Replacing the chaos of addiction with structured support or a more empowering routine.

## Small Trials of Change

You don’t need to let go of every unhealthy habit in one go. Start with something like “not covering up for them this week” or “reaching out for a therapy consult.”

A small success can dissolve the fear that everything will collapse if you let go.



# **3 Steps to Letting Go**



# Step 1: Admit What Isn't Working

- Write down 1–2 habits (like substance use or rescuing a loved one) that are no longer truly “working.”

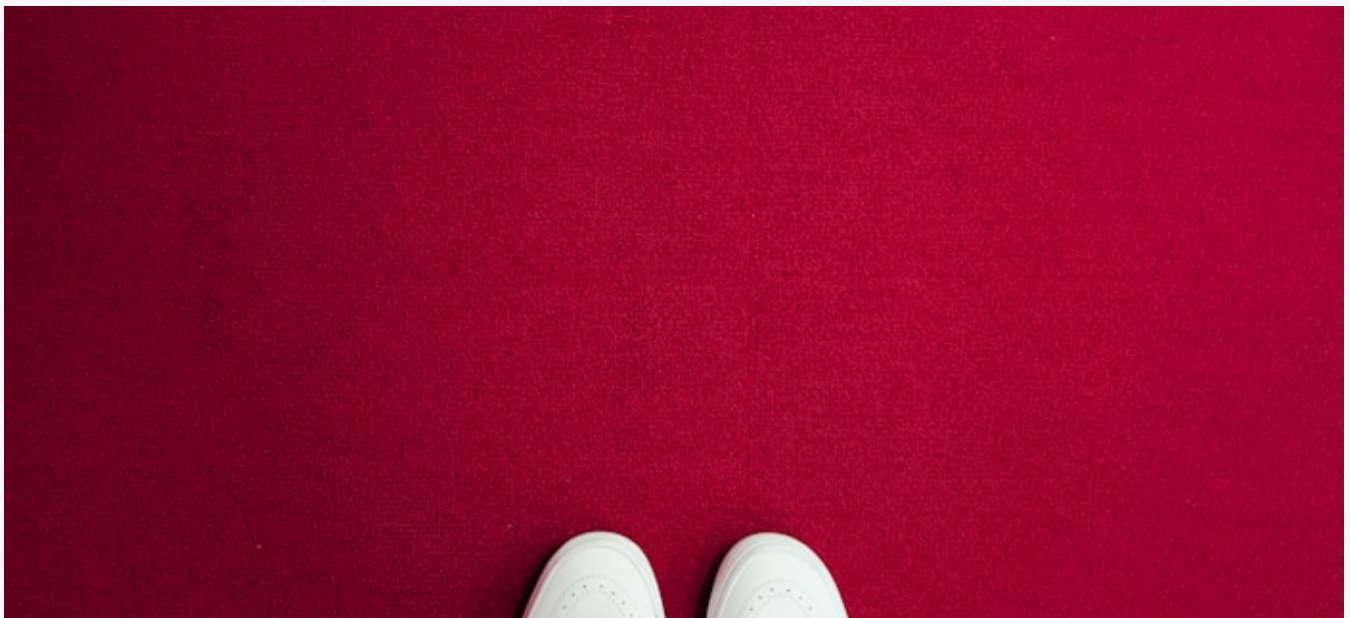
# Step 2: Seek Solid Support

- Get outside help - peers in recovery, therapy, treatment, or a supportive family group.
- Letting go alone is daunting; having backup reassures you that you won't face it isolated.

# Step 3: Replace Old “Relief” with New Coping

- Try healthier outlets: journaling, physical exercise, or a simple daily routine.
- Develop the tools to deal with life and your emotions through treatment or direct interaction with professionals

***The fear of having “no way out” usually fades when you discover new tools that actually support you. Find a new solution to the way you feel!***





# **I Am Afraid to Let Go**

**What if it doesn't work?**

# If You're Afraid of the Unknown...

Realize Fear is Normal: *Loving Lions* acknowledges terror at the idea of losing your safety net, even if that net is full of holes.

Embrace Discomfort: The author often refers to discomfort as a sign you're ready to grow, even if you don't feel fully prepared.

Focus on the "After": Picture yourself or your loved one no longer bound by old destructive patterns—this mental shift can spur motivation.

## Letting Go vs. Giving Up

Letting Go: Making a deliberate choice to release control or reliance on harmful routines, trusting a better path exists.

Giving Up: Abandoning hope altogether. *Loving Lions* clarifies we don't want you to give up—just to stop clutching what keeps you in a destructive loop.

**It's natural to be scared, but once you actually let go, life starts to work in new, unexpected ways. Give yourself permission to step away from what's hurting you and lean into real support.**



# Next Steps- Resources

## Expand Your Toolbox

Explore additional chapters like “The gift of desperation” for how pain can become a catalyst, and “Another chance to live” for embracing new freedom.

## Look for Local/Online Help

Recovery meetings, family support groups, or counseling can ease the fear of “what if” once you let go.

## Reflect & Journal

Each day, note one thing you “let go” of—maybe an argument you didn’t engage in or a rescue mission you declined.

Remember: “Letting go” is not abandonment; it’s a loving decision to move beyond the false safety of destructive habits, just like the author experienced in *Loving Lions*.

*For additional help, insights, and stories, check out Loving Lions on Amazon, Barnes & Noble, or Audible. And if you have questions, don’t hesitate to message me on social media. We’re in this together.*

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