

Letting Go or Giving Up?

A gentle self-check for hard decisions

You do not need a perfect answer right away.

This worksheet is here to help you slow the moment down, separate overwhelm from honesty, and notice what feels true before you make a final decision.

Quick clarity guide

Aspect	Letting go	Giving up
What drives the decision	Truth, acceptance, and self-respect	Fear, overwhelm, or emotional depletion
What it feels like afterward	Sad, but lighter	Numb, doubtful, or unresolved
Your relationship with control	Releases what cannot be forced	Pulls away from what still needs care

Questions to sit with before you walk away

You do not need to answer all of these at once. Circle the ones that feel alive, or write a few honest lines under each one.

<input type="checkbox"/>	Am I acting from clarity, or from overwhelm?
<input type="checkbox"/>	Do I want to release this, or do I just want the discomfort to stop?
<input type="checkbox"/>	Have I outgrown this, or am I simply exhausted?
<input type="checkbox"/>	Is this situation costing my peace, or only challenging my patience?
<input type="checkbox"/>	If I stayed, what would need to change?
<input type="checkbox"/>	If I left, what would I be making space for?
<input type="checkbox"/>	Am I honoring the truth, or avoiding grief?
<input type="checkbox"/>	If fear were quieter, what would feel honest?

A few honest notes

Write the first thing that comes up. It does not need to sound wise to be true.

What feels honest right now?

What part of me is asking for relief?

What might need more time before I decide?

A gentle reminder

A painful decision is not always a wrong one. You may not need certainty yet - only a little more honesty and a little less pressure.