



Let Myself Let Go Without Getting It Perfect

Strong One P.I.V.O.T.™ Overcome Worksheet

Use this worksheet if your Diagnostic led you here or if you want to explore this component. You may know what you want to let go of, but fear what could happen if you stop managing it so closely. A mistake, a disappointed person, an imperfect result, or someone questioning your choices can feel like proof that you should have handled everything yourself.

This is not permission to become careless or abandon what matters to you. It is permission to stop treating every imperfect outcome as evidence that you cannot let go. You can care, use good judgment, and respond when something goes wrong without taking everything back.

The Part Of Letting Go I Am Afraid To Get Wrong

What responsibility, relationship, or situation am I afraid to stop managing so closely?

How hard does letting go of control here feel for me right now? (1 = fairly easy; 10 = extremely difficult)

Date

Intensity right now / 10



1 Name What I Am Trying To Prevent

My urge to keep control is trying to prevent something. Instead of judging that urge, I will listen for what it is communicating about the outcome, reaction, or judgment I fear.

What do I fear will happen if I do not handle this myself?

Whose disappointment, criticism, or judgment am I afraid of? What do I imagine they might say or think?

What am I trying to guarantee by staying in control?

Naming what I am trying to prevent helps me understand why letting go feels risky.

 **Watch [Let Go: What Made You Laugh](#) (1min 52 second video)**

A reminder to be aware of moments when refusing to let go happens naturally. Laugh at those. Don't punish yourself.



2 Separate What Might Happen From What I Make It Mean

An imperfect outcome and the meaning I attach to it are not the same thing. I will separate what could actually happen from what I fear it would say about me.

What could actually happen	What I would make it mean about me
Example: Someone may complete the task differently than I would, maybe not even to my standards.	Example: I am irresponsible, unreliable, or no longer needed. It makes me look bad if they did a poor job.

What is a less punishing and more accurate way to understand this outcome?

An imperfect outcome may need attention. It does not automatically mean I was wrong to let go or that everything must be done my way.



3 Compare The Risk Of Letting Go With The Cost Of Staying In Control

When I imagine letting go, I may focus only on what could go wrong. But continuing to manage, monitor, fix, and carry everything also has consequences. I will look honestly at both.

What staying in control is costing me

Example: I remain exhausted, resentful, and responsible for everything.

What could become possible if I let go

Example: Someone else has the opportunity to learn, contribute, or support me.

Which cost am I no longer willing to keep paying?

Letting go carries some risk. So does continuing to carry everything.



4 Make Room For An Imperfect Attempt

I do not have to lower every standard. I can decide which standards truly matter and where different, unfinished, or good enough is acceptable while I learn to let go.

What genuinely needs to go well here?

What could be different from how I would do it and still be acceptable?

If something does not go as planned, what could be repaired, corrected, or learned?

 **Listen: [Let's Laugh](#) (3 minutes 48 seconds audio)**

A reminder that life is not so serious. We can laugh at imperfections and mistakes.



5 Plan How I Will Respond Without Taking Everything Back

The goal is not to guarantee that nothing will go wrong. The goal is to trust that I can respond without using one imperfect outcome as a reason to carry everything again.

If this does not go as hoped, what can I do next?

What will help me pause before I step back in, take over, or decide that letting go was a mistake?

Who can help me stay with this new way of operating?

My Overcome Forward

I am willing to let be imperfect enough for now.

If something goes wrong, I can instead of taking everything back.

When my Strong One reflex says, "See? You should have done it yourself," I can answer: "An imperfect result does not erase my judgment or my capability. I can respond without carrying everything again."

6 Check Again Before I Move

Intensity now / 10 Change from before points

What feels clearer about the risk I fear and my ability to respond?

What do I need next?

- ☐ More Overcome. I need more time to separate an imperfect outcome from what I make it mean about me.
- ☐ One small attempt. I am ready to practice letting go without requiring a perfect result.

Key Overcome reminder: *I do not have to prevent every mistake, disappointment, or imperfect outcome in order to be responsible. I can let go, respond when needed, and resist turning one difficult moment into proof that I must carry everything again.*

Need more support? If you would like help working through what is keeping you stuck, reach out to me at info@dancewithchange.com.