



To: The Universe

From: Cat Williford, a very tired COOC

Dear Madam:

I have served diligently, seriously, and constantly. I have often sacrificed my own happiness, calm and inner peace to the cause of Control. I have found that Control offers no reward.

Effectively immediately, I officially resign my post as **Chief Operating Officer of Control (COOC)** for my life and those around me. After 35+ years of service, I've collected enough pushback, disappointment, and feeling misunderstood. I now know there are no real upsides to my self-imposed **COOC** role.

I am sure I will forget that I resigned and attempt to take on my old role as **COOC**. I will attempt to re-resign as soon as I realize my mistake.

I'm not retiring altogether and ask for a transfer, please. I believe I'm an excellent candidate for the **Intern of Acceptance (IOA)** position. I will explore the words "intern" and "acceptance" and all their conjugations. I will rediscover my love and humor which control tends to squish. (Humorlessness is one way I will know I've "slipped" into my old department's job).

I will practice Acceptance by counting to ten before telling someone how I would do some thing, from driving a car to project planning. I will actively practice Love by allowing others to handle situations in their own responsible way. I will know Acceptance by my feelings of lightness, calm and inner peace. I suspect my clinched gut will relax.

I will have more time as the **IOA** than when I was the **COCC**! I will gain mental and emotional clarity, and have the energy to handle what is legitimately mine to handle. I will remember I can ask for help as the **IOA**. (I can ask for help, I can ask for help, I can ask for help! Wheeeeeeee!)

I know that Acceptance is *not* white flag surrender or a walk down the victim path. Acceptance is a key to my freedom. As the **IOA** I can choose leadership, not control. As the **IOA**, I choose wisely, speak with grace and act with clear intention.

Most importantly, as the **IOA** I can see I will experience more love, freedom and irresistibility!

Your Loving and Loyal Student,

Now, it's your turn! Customize with your own descriptions, adjectives, adverbs, feelings, etc. Really let loose and have fun with this. Don't worry about getting it "right" or perfect, just get it out! I'm a fan of burning letters and lists like these. I enjoy watching the smoke tendrils dissipate and imagine the dissipation within me at the same time. Burn it, shred it, keep it ... no matter, just write it!

To: The Universe

From: _____

Dear Madam:

I have served _____ . I have often sacrificed my own _____ ,
_____ to the cause of Control. I have found that Control offers no reward.

Effectively immediately, I officially resign my post as **Chief Operating Officer of Control (COOC)** for my life and those around me. After _____ years of service, I've collected enough _____ . I now know there are no real upsides to my self-imposed **COOC** role.

I am sure I will forget that I resigned and attempt to take on my old role as **COOC**. I will attempt to re-resign as soon as I realize my mistake.

I'm not retiring altogether and ask for a transfer, please. I believe I'm an excellent candidate for the **Intern of Acceptance (IOA)** position. I will explore the words "intern" and "acceptance" and all their conjugations. I will rediscover my love and humor which control tends to squish. (Humorlessness is one way I will know I've "slipped" into my old department's job).

I will practice Acceptance by _____ ,
_____. I will actively practice Love by allowing _____
_____. I will know Acceptance by my feelings
of _____. I suspect my _____ will relax.

I will have more time as the **IOA** than when I was the **COCC!** I will gain _____
_____. And have the energy to _____. I will remember I can
ask for help as the **IOA**. (I can ask for help, I *can* ask for help, *I can* ask for help! Wheeeeeeee!)

I know Acceptance is *not* white flag surrender or a walk down the victim path. Acceptance is a key to my freedom. As the **IOA**, I can choose _____ , not control. As the **IOA**, I choose _____ , speak with _____ and act with _____ .

Most importantly, as the **IOA** I can see I will experience more love, freedom and irresistibility!

Your Loving and Loyal Student,