

# UpWrite Words

Offering online and print writing services to the Personal Growth Community

## Love Letter — “Panicking”

*My Dear, I just wanted to say ~*

*Are you panicking?*

*Take a moment to breathe deeply and slowly. Ask yourself,  
“What do I need to have happen?”*

*This will help you calm down and focus. When you know the  
outcome you need, you can let it go and release some of the  
pressure.*

*What will help you to get what you want? Call on God for  
strength, support, guidance, love, understanding . . . whatever  
you need.*

*Be grateful. Remember how much you have and how much  
you can gain from this experience.*

*Set some boundaries. What will you accept in this situation?*

*Make a choice in the present moment to act according to the  
person you choose to be.*

*Move ahead without the panic.*

*I hope this helps.*

*All My Lovin,  
A.*

For more Love Letters visit [www.UpWriteWords.com](http://www.UpWriteWords.com)