

Detaching With Love - Definitions

- **DETACH:** to separate, disconnect, disengage, withdraw
- **ATTACH:** to bind by personal ties (as of affection or sympathy); to bring oneself into an association (attach to their cause)
- **CO-DEPENDENCY:** a psychological condition or a relationship in which a person is controlled or manipulated by another

Ways to Detach With Love - Review

- Remember: they have issues!
- What need do they want met?
- ESTABLISH BOUNDARIES (what are your limits?)
- This isn't about them, it's about MY trigger; I can only fix me.
- DON'T ENGAGE when either of you is triggered! This includes:
 - questioning, debating, giving unsolicited advice, feedback, your opinions,
 - disagreeing/arguing, correcting, pointing out the other's faults or that they are wrong!

Ways to Detach With Love - Review

- People don't usually want advice so don't give it unless asked.
- Ask yourself "What is under my trigger & what am I feeling"?
- Ask yourself "What am I doing that the other person is reacting so strongly to"?
- Look at your motives and expectations.
They are a trap and a trick of the ego.
- Try to be open to understanding their point of view.
It will give you empathy towards them/Compassion vs. Anger.
- Speak in "I" statements rather than "You" statements.

Ways to Detach With Love - Review

- Don't take their anger/rage/guiling or other unreasonable behaviors personally. They are not about you.
- The options to bail & disengage are always available.
- Watch your comments to others like "You should" or "you need to"; they cause resentment.
- In your behaviors towards others, act on what you "want to do, can do" out of love for them, not what you're telling yourself you "should do" for them. "Shoulds" on yourself breed resentment because you are then doing things out of guilt not love.

Ways to Detach With Love - Review

- Saying “NO” when you cannot do what’s expected by the other person CAN be done in a loving way if you take the time to think about how you can say it in a way that will honor you and at the same time show respect for the other.
- Use the Welcoming Prayer to get clear about you
- Use Centering Prayer or other meditation. Also 12 steps/yoga/exercise/nature/counseling all proven paths to restore us to sanity.

Ways to Detach With Love - Review

- Katharine's favorite prayer:
 "I pray for a peaceful resolution for all."
- Invite the Divine healer within to take over and heal you, so ego does not prevail
- You will eventually feel a shift inside you to a place of inner peace when you know you are "Detaching with Love"