



CHAPTER 10: **DETACHMENT**



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Therapy Session Number 10

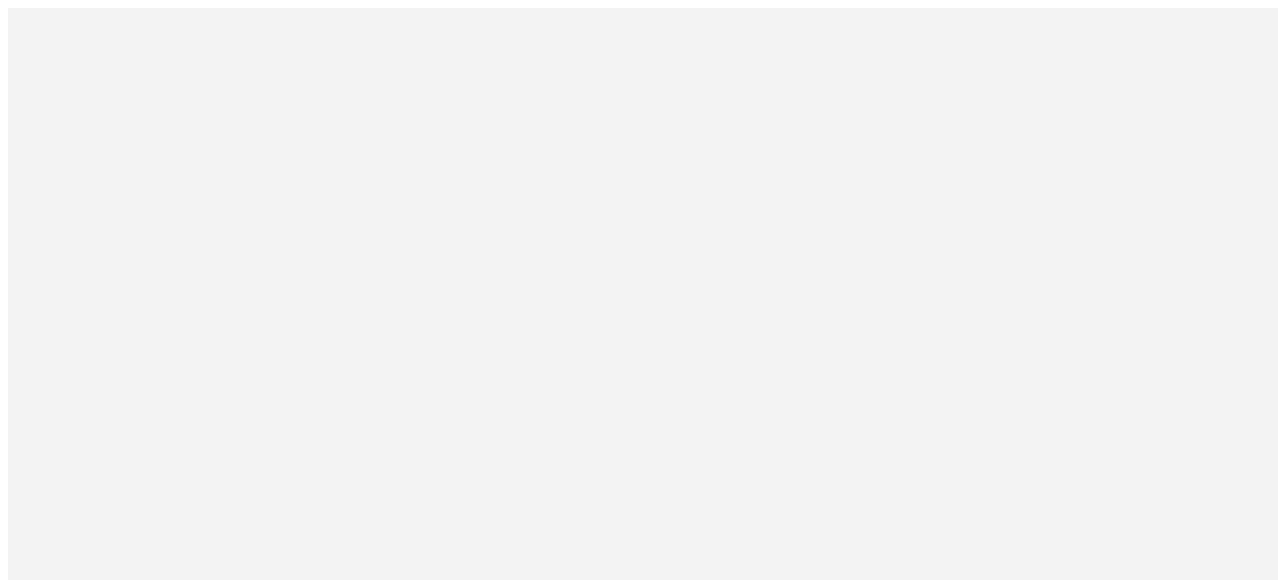
I am excited to help you learn the art of detachment, an incredibly useful tool in work and in life. You can't detach if you are attached to expectations, outcomes, other people, money, or material possessions. Answer the following questions:

20 MINUTES

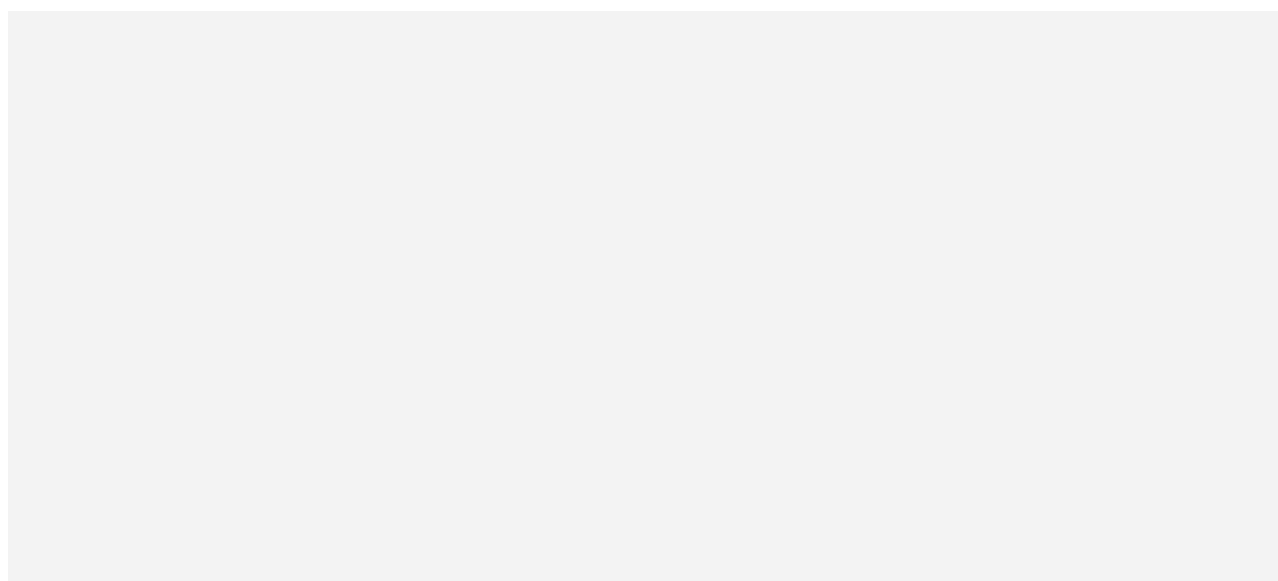
Which attachment— expectations, outcomes, other people, money, or material possessions—do you most relate to?

How does this attachment affect you emotionally and/or financially?

If you're attached to an expectation or outcome, why can't you let it go?



How might detaching improve your well-being? How might it enhance your career or financial success?



You'll be amazed to see how living with healthy detachment changes your life.



Shelve Your Worries with “The Container”

EMDR therapy (Eye Movement Desensitization and Reprocessing) and other trauma protocols use The Container technique to temporarily shelve distressing thoughts or feelings in order to decrease overwhelm and increase stability and coping. This is not denial, it is healthy compartmentalization. Are you ready to give it a try? Follow these five steps:

- 1** Connect with your breath and do a body scan. Notice where you are holding tension, fear, or negative feelings.
- 2** Imagine you now have a container that is big enough and strong enough to hold these negative feelings securely.
- 3** Imagine putting all of your negative feelings into this container; every last bit. When you are done, close the container tightly and lock it.
- 4** Imagine storing your container in a safe place. Visualize sinking it to the bottom of the sea, blasting it into outer space, or handing it over to a Higher Power.
- 5** Remember, you can open this container again when you are ready to deal with these feelings. This could be at your next therapy session or when you are with a close friend with whom you feel comfortable talking.

15 MINUTES; LIFETIME PRACTICE



Recalibrate Expectations to Zero

Before entering a meeting, going on a date, attending a family gathering, or investing in the stock market, check in with yourself about your expectations. While we want to be open to wonderful possibilities with abundant thinking, we can't attach our happiness to expectations or outcomes. So, consciously recalibrate your expectations to zero and practice gratitude for any and all good that comes.

In other words, before heading out to an event or entering an interpersonal interaction of any kind, mentally scan for any expectations you may have, mindfully let them go, and cultivate an attitude of openness and receptivity. You might be surprised by the results. Many of my clients report significant improvements in their relationships when they recalibrate expectations to zero. Give it a try!

5 MINUTES; LIFETIME PRACTICE



Separate from Negativity

This is a visualization exercise. Close your eyes and spend a few minutes connecting to your breath and doing a body scan to notice where you are holding any tension or yuck. Breathe it out until you feel clear. Imagine being enveloped by a positive white light, enclosed in a safe bubble, or behind a protective, invisible shield that separates you from other people's negative feelings. When you are with others, remember this protective shield and envision their hurtful words or negative energy bouncing off the shield while you remain safe and well. This allows you to respond from a place of detachment.

5 MINUTES; LIFETIME PRACTICE



Practice Detachment with Love

Answer the following questions:

Name a person in your life who you try to control. How is that working? How is that impacting your relationship? Your mental health?

Blank response area for the first question.

How would it feel to stop trying to control their behavior and focus on yourself? Is there something you would miss about the drama? If so, you need to take a deeper look and fill that void with activities and practices that are healthy for you.

Blank response area for the second question.

Name three specific controlling behaviors you are willing to let go of. Name three self-care practices you plan to increase. Try this for one week and see how detaching with love can facilitate peace and well-being with yourself and others.

Blank response area for the third question.

15 MINUTES; LIFETIME PRACTICE



The Detachment Wheel

Date _____

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor

Fair

Good

Prosperous

1

2

3

4

5

6

7

8

9

10

Internal Negativity: How well are you doing at unplugging from fear, anger, sadness, doubt, worry, and financial anxiety and observing them from a neutral place?

External Negativity: How good are you at observing other people's emotions and maintaining a healthy separation so you can stay calm and help as needed/desired?

Expectation & Outcome: How good are you at detaching from outcomes and being able to trust that the result will be fine regardless of how things play out?

Conflict: How good are you at unlocking horns and using detachment to react from a thoughtful, compassionate place?

Money: How successful are you at not attaching your sense of well-being to money or material possessions?

Embrace Uncertainty: How successful are you at welcoming endless possibilities and the curiosity of the unknown to foster spontaneity, creativity, growth, and discovery?

Accept Impermanence: How well do you embrace change in this constantly changing world?

Not Control Others: How good are you doing when it comes to realizing you don't have power over other people's health or happiness and not trying to control them?

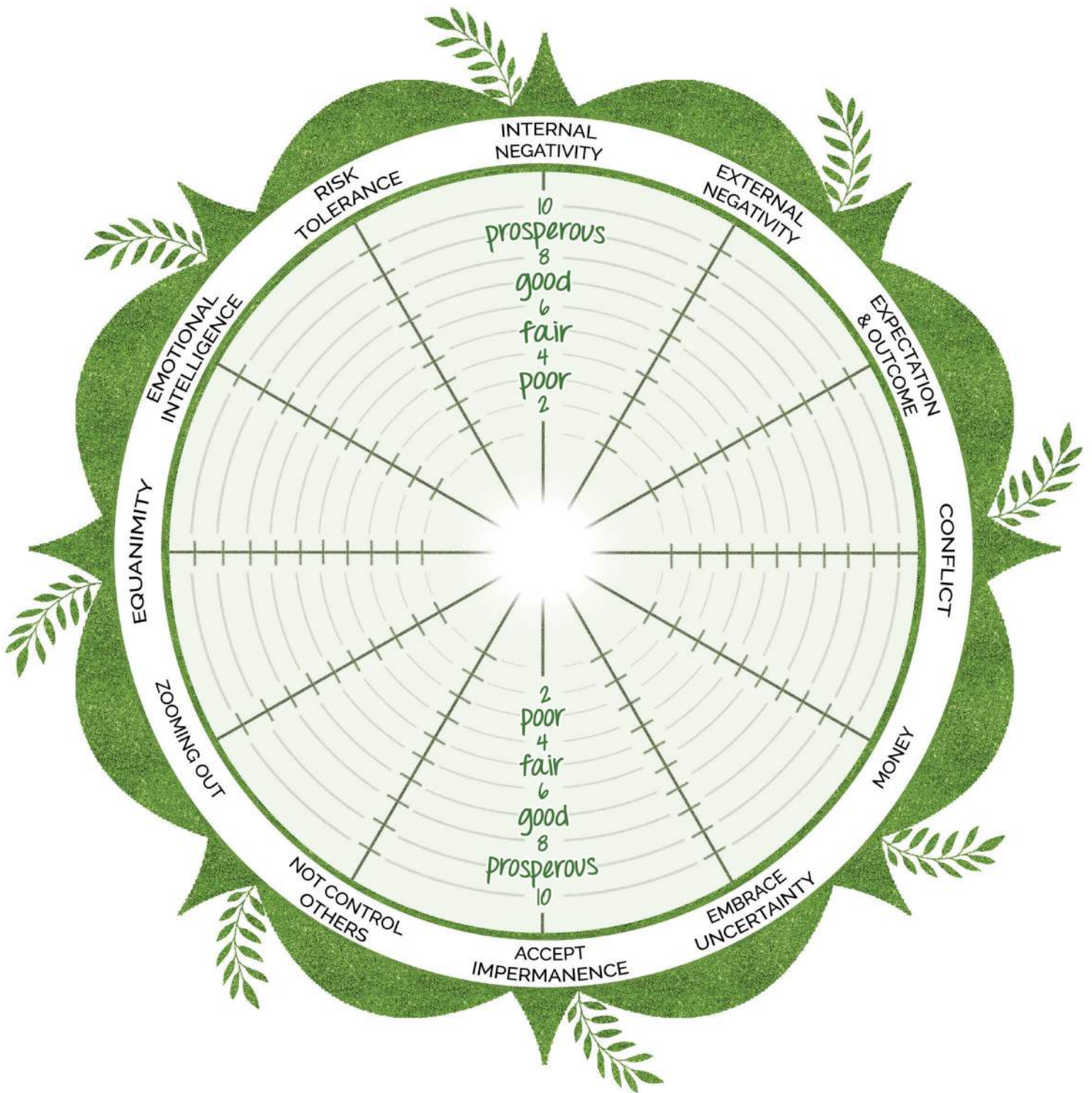
Zooming Out: How good are you at taking a step back to see situations from a greater perspective instead of through your emotions?

Equanimity: How well are you doing when it comes to maintaining mental calmness and an even temper during challenging situations?

Emotional Intelligence: How compassionate and effective are you when it comes to managing your emotional process and disengaging from the emotional process of others?

Risk Tolerance: This spoke is related to The Financial Health Wheel you completed in the introduction. Are you able to accept uncertainty when making financial decisions that involve the possibility of loss? Having the proper amount of insurance may help ease some of your worries.

Chart your responses on The Detachment Wheel. Let's start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Internal Negativity? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.



The Detachment Wheel

The Detachment Wheel

Don't worry about your scores. Just be honest. Review The Detachment Wheel and answer the following questions:

Look at the three spokes with the lowest scores and list two ways you can improve in each of those areas.

What are two aspects of your life where you could most benefit from healthy detachment? For example, in your partnership, parenting, or your relationship with money?

In what ways would your emotional suffering decrease if you increased detachment?

Consider revisiting this exercise monthly or quarterly to continue to practice the art of detachment. Date your wheel and file it for later reference! Nice work.