



THE DETACHMENT WHEEL

The Detachment Wheel is a self-evaluation tool that helps you realize where your strengths and weaknesses are when it comes to detachment. Don't worry about your scores—we are all works in progress. Completing the wheel exercise is easy. After you go through it once, you'll be a pro. And if you become discouraged because there is still progress to be made, always remember we are looking for progress, not perfection.

The wheel exercise begins with a set of questions. After you read a question, simply rate yourself on the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10). Each wheel diagram contains a set of spokes, similar to the spokes on a bicycle wheel.

After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Then, simply place a dot on the spoke next to the number that corresponds with your answer. After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle. Now, at the end of each spoke, list the names or titles of people or organizations that provide you with this type of support. It's okay to list the same person, title, or organization in more than one spoke.



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(20 minutes)

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)

| 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? _____

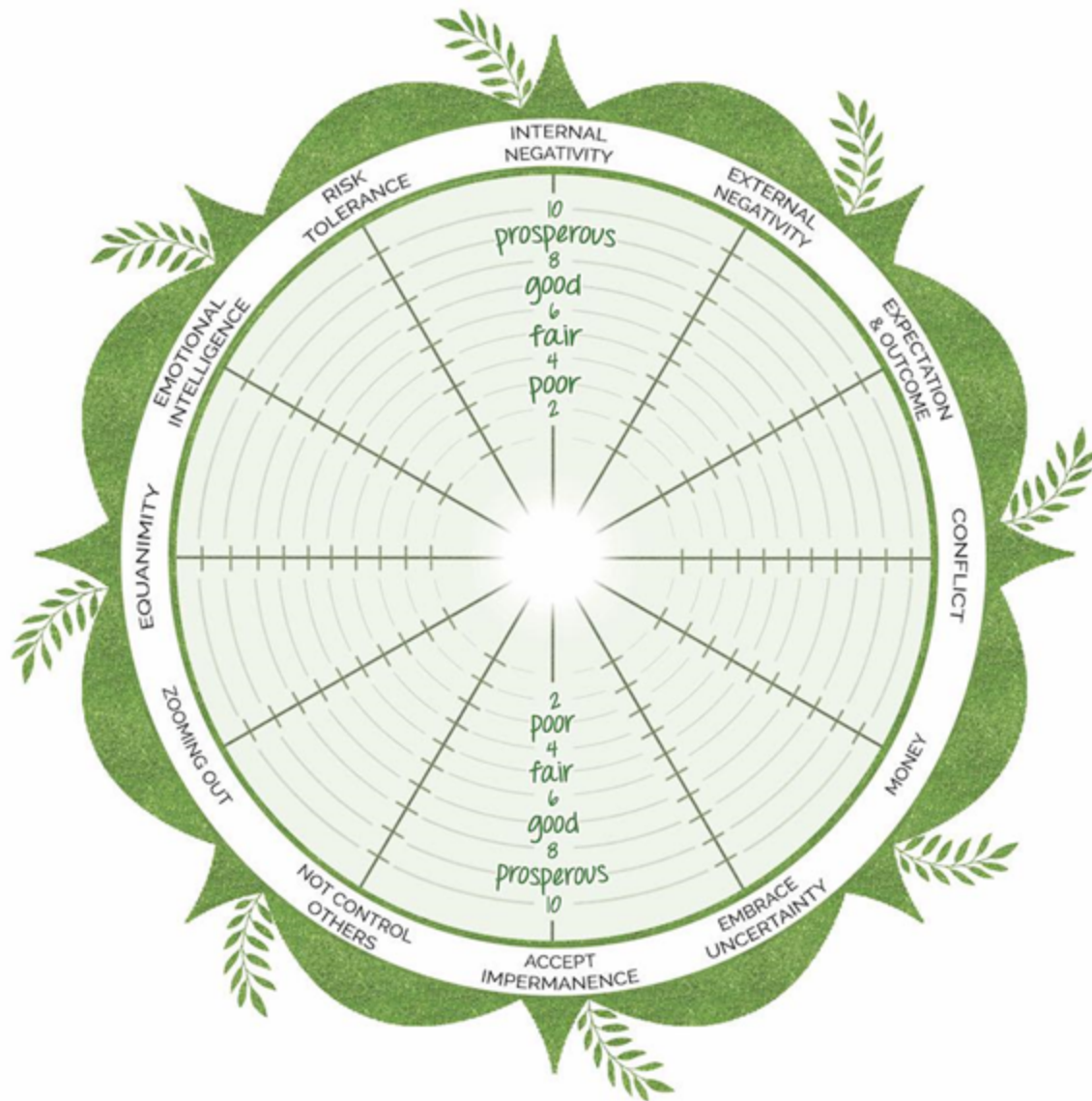
Not Control Others: How good are you doing when it comes to realizing you don't have power over other people's health or happiness and not trying to control them? _____

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. _____



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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.

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

Worksheet by Joyce Marter, LCPC

Author of *The Financial Mindset Fix: A Mental Fitness Program for an Abundant Life*

www.joycemarter.com