Detaching with Love

Boundaries

Self-love/acceptance

Relate to the tin man and having no heart, lost in love, never thinking that I could detach, I loved him so much my heart was clearly taken.

“Detachment is releasing, or detaching from, a person or problem in love. We mentally, emotionally, and sometimes physically disengage ourselves from unhealthy entanglements with another person’s life and responsibilities, and from problems we cannot solve.” ~Melody Beattie, Codependent No More

Scenario Improv – partners -give situations (need money, need a place to stay, need a ride)

 What boundaries did you set, where they for you or the addict?

Share my experience of setting boundaries – if you use we cannot stay- me leaving.

-Will not talk to you if you have used.

Self-care importance ~setting boundaries for US~

“Rewards of detachment are great: serenity; a deep sense of peace; the ability to give and receive love in self-enhancing, energizing ways, and the freedom to find real solutions to our problems.” ~Melody Beattie, Codependent No More

What happens when boundaries are broken?

Bring rice bags and meat/cheese

*Detachment with Love*

*Boundaries*

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“Have a wonderful day, unless you’ve made other plans.” ~Unknown, SESH

“You yourself, as much as anybody in the entire universe, deserve your love and affection.” ~Buddha, SESH

**~Benefits of Boundaries~**

1. Better self-esteem
2. Fluid
3. Conserving emotional energy
4. More independence and agency

**~How to define boundaries~**

1. Ask “What are YOUR rights?
* I have a right to say no without feeling guilty.
* I have a right to be treated with respect.
* I have a right to make my needs as important as others.
* I have a right to be accepting of my mistakes and failures.
* I have a right not to meet others’ unreasonable expectations of me.
1. Follow your gut
2. Determine your values.

**~How to create boundaries~**

1. Be assertive

I feel \_\_\_\_\_\_ when \_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_. What I need is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Learn to say no
2. Safeguard your spaces
3. Get support

**~WAYS TO SET BOUNDARIES~**

* Say “No”
* Trust your body instinct
* Let go of what people will think
* Stay firm. Don’t be apologetic when your answer is “No”
* Be short and confident in you “No”
* Be clear about what “Yes” means
* Communicate

*~BOUNDARIES ARE HERE TO HELP US~*