DETACHMENT

In “My Story”, the Intro to “Embracing Detachment”, Karen Casey describes her search for detachment because of “being imprisoned by the behaviors of others” & that “the emotional insanity was crippling”.

“Detaching means to allow someone to find their own way and not tell them what to do, or try to control them. We cannot tell another person how to live or what choices to make. It is impossible to manage another person's life.” Basically, it's “minding your own business.” ~ SESH, “Learning to Detach”, April 20, p.111

Tools of the Nar-Anon program: “accepting that drug addiction is a disease, practicing detachment, getting myself a Higher Power and taking an honest inventory of myself.” [Quote: “I will have great happiness with other people today if I accept them and try to change only me.” Karen Casey] ~ SESH, “Wisdom to Know the Difference”, April 30, p.121

“Detachment is not something we do once. It's a daily behavior in recovery. We learn it when we're beginning our recovery...and we continue to practice it along the way as we grow and change, and as our relationships grow and change.”

“Detachment is the freedom to own what is mine and to allow others to own what is theirs.” “I can detach and still love, still feel.” [“Love your neighbor, yet pull not down your hedge.” George Herbert] ~ Courage to Change, July 5

“...the need to let others experience the consequences of their actions...to learn to get out of the way of this bottom. We learn to detach with love. I may have the best of intentions, but if I take over other people's responsibilities, I may rob them of the chance to accomplish something and feel good about what they've done. Although I am trying to help, my actions may be communicating a lack of respect for my loved ones' abilities. When I detach with love, I offer support by freeing those I care about to experience both their own satisfactions and disappointments. I am learning the difference between help and interference. Today I will examine the way I offer support.” [“Detachment did not mean disinterest...I considered detachment 'respect for another's personhood.'” Al-Anon Faces Alcoholism] ~ Courage to Change, June 16

“...by practicing detachment...I can relieve myself of the mistaken guilt and responsibility I felt. Detachment is one tool I can use to separate myself from the chaos, fear and mistaken responsibility that result from living with active addiction.” ~ SESH, “Detaching with Love”, January 28, p28

“As I lovingly detach from the addict's problems, I can take the time to look at my own defects. I am working on the only person I can change – myself.” ~ SESH, “Detach from the Addict's Problems”, September 9, p253

“I was playing God trying to bring about the outcome I wanted, not necessarily what she needed.”, SESH, “Detachment”, October 28, p302

“Don't put the key to your life in someone else's pocket.” ~ Unknown