

## Detaching with Love and Openheartedness

- Detachment does not mean I stop caring, it means I understand that it's not helpful to do it for someone else.
- Detachment does not mean I must cut myself off from another person. It means I cannot control another person.
- Detachment means I should not sanction destructive behaviors, but rather to allow learning to come from natural consequences.
- Detachment is to admit powerlessness which means that the outcome is not in my hands.
- Detachment means I should not try to change or blame another, but instead make the most and best of myself.
- Detachment is not to care for, but to care about.
- Detachment means I will not try to fix another person's life but that I will be supportive of all positive change.
- Detachment means that I will not burden another with my expectations of what I want them to be, but that I will accept them for the human beings they are.
- Detachment means I will not place myself in the middle, trying to arrange the outcome for others, but that I will allow others to affect their own destiny.
- Detachment means that I will not protect, but that I will permit another to face reality.
- Detachment means that I will not nag, scold, or argue with another, but that I will search out my own shortcomings and attempt to correct them.
- Detachment means I will not criticize and try to regulate another, but that I will try to become what I dream I can be.
- Detachment means that I will not try to adjust the world to my desires, but that I will accept each day as it comes, and cherish myself in it.
- Detachment is not to regret the past, but to grow and live for today, one day at a time.
- Detachment is not to deny but to accept.
- Detachment is to love more and fear less.