



Detachments for Codependents

Detachment is releasing, or detaching from, a person or problem in love. Detachment is based on the premise that each person is responsible for him or herself that we can't resolve problems that aren't ours to solve, and that worrying doesn't help. We adopt a policy of keeping our hands off other people's responsibilities and tend to our own instead.

Detachment involves "present moment living", living in the here and now. We allow life to happen, instead of forcing and trying to control it. We relinquish regrets over the past and fears about the future. We make the most of each day. (Matt. 6:33-34)

Detachment also involves accepting reality—the facts. We release our burdens and cares and give ourselves the freedom to enjoy life in spite of our unsolved problems. We trust that God, who is greater than ourselves, knows, has ordained, and cares about what is happening. We understand that God can do much more to solve the problem than we can.

Detaching does not mean we don't care. We become free to care and to love in ways that help others and don't hurt ourselves.

The rewards from 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. We find the freedom to live our own lives without excessive feelings of guilt about, or responsibility toward others. Sometimes detachment even motivates and frees people around us to begin to solve their problems.

Many people have had to live with serious problems, and they have learned to live in spite of their problems. They grieved for their losses; then they found a way to live their lives, not in resignation, martyrdom, and despair, but with enthusiasm, peace, and a true sense of gratitude for that which is good.

Six steps for enabler to detach from chemical users and other addicts:

1. Seek expert advice.
2. Learn to take your own inventory.
3. Learn to report your diagnosis accurately.
4. Use your mental energy where it will do the most good – on yourself
5. Discover and define what is your bottom line.
6. Share this bottom line with significant people in your life or a support group.