

# Detaching with Love

**November 13**

There are days when I find myself sucked into that whirling vortex of others' frustrations and unhappiness. I am ready to jump in and save them from their own pain. How easily I forget that I am powerless over anyone but me.

I am not experiencing these emotional rifts. *They are.*

When this happens, we have to work hard to remember that the behaviors and feelings of others belong to them, not us. Whatever someone else tells us they feel is not our signal to fix or ease their discomfort. We are not responsible for trying to change another's behavior or feelings. What they choose to do or not do, or how they feel, or don't feel, belongs only to them. Each of us has their own Higher Power, and we are not it.

We are separate adults responsible for ourselves only.

Today, when a loved one acts out emotionally, we are reminded to focus on what is in front of us to do since *their* behavior mirrors something affecting *them*, not us. Unless we are asked, we maintain our autonomy without intervening. Protecting ourselves through boundaries is the primary rule of caregiving. By encouraging the independence of others to address their own issues on their terms, we detach from their behaviors because we love them.

Is this not how we want to be treated? *We don't want to be fixed.*

The route to mutual acceptance and responsibility becomes cloudy when we interfere and assume we have answers to someone else's problems. We take comfort, grateful to remember that we are agents of change for *our* own recovery and take responsibility for *our* reactions to life. Anything else is between the other person and their Higher Power.

## TODAY'S MEDITATION

Just for today I will work on remembering where I begin and end.

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"To be able to enjoy fully the many good things the world has to offer, we must be detached from them. To be detached does not mean to be indifferent or uninterested. It means to be non-possessive. Life is a gift to be grateful for and not a property to cling to..." ---Henry J.M. Nouwen