



# The Virtue of Detachment

Detachment is experiencing your feelings without allowing your feelings to control you. Instead of just reacting, with detachment you are free to choose how you will act. You use thinking and feeling together, so you can make smart choices.

## *You are practicing Detachment when you:*

Don't get swept away by strong feelings

Take time out before doing something you will regret

Step back and look at your feelings

Act instead of react

Let go of things you cannot control

Choose to do what is right

## *Affirmation*

I am detached. I am aware of my feelings and choose my actions with detachment. I do what is right for me. I choose to be my best no matter what happens.

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