Happiness and Detachment

How To Be Happy When You are Not Happy lesson from the Happiness Alliance happycounts.org
Detachment is trust, respect and differentiation.

Detachment means you trust the other person's decisions & life's journey.

Detachment means you respect the other person's words and deeds.

Detachment means you see the other person as a separate whole different from you.
Detachment doesn’t mean you don’t care
Detachment means you do not do for others what they can do for themselves.
Detachment means you do not do judge other people. You may notice yourself judging but you don’t it determine what you think about the other person.
Detachment means you do not give uninvited advise.
You do save the day without being asked to do so.
Detachment means you trust yourself to take care of you.
Detachment means you do not expect others to take care of you. You accept care with grace, but you do not expect it.
Detachment means you do not allow others to abuse you with words, behavior or deeds.

Detachment means you do hold yourself responsible for what someone else did. You do not interfere with their responsibility for their life.
Detachment means you do not make yourself suffer because of what someone else said or did.
Detachment means you are realistic about people and situations.

Detachment means you are objective about people and situations.
With detachment, you can be objective and realistic, and so you do not create drama or seek out a crisis and you do not prevent a crisis in someone else’s life if that is the natural course of events.
Detachment allows you to speak, take actions and commit deeds that lead to happiness for yourself, others and our planet.
Detachment allows the love you give to others to be just pure love, without attachments or expectations.