



## **LCA Tool: Releasing Attachment**

**Purpose:** To discover the dynamics of attachment. To identify and heal any attachments that may be holding you back. To regain the freedom and dignity that comes with releasing attachments.

### **Keys to Success:**

An attachment is created when inwardly we identify something outside ourselves as essential to our survival. We can be attached to anything; a person, an object, money, our children, our dreams, what people think of us... are just a few examples. We can even be attached to someone who isn't even in our life anymore.

The greater our attachment, the more the thought of losing the subject of our attachment...runs us. For this reason as soon as we create the attachment, we simultaneously create the fear of losing what we are attached to. The irony is (especially in relationships), the more we try to hang on, the more we actually push the other person away. Then our fear becomes a self-fulfilling prophesy. For the purpose of this exercise we will assume that the attachment is to a person.

Love and attachment are very much confused in our culture...but in truth, they are polar opposites of each other. Real love is unconditional. Attachment is VERY conditional...namely, it's conditional upon the other person sticking around behaving the way you want them to. The fundamental reason we become attached is to prove we are not our core issues, and to avoid the hurt we would have to experience if the person were to leave.

It is important in this exercise that you be willing to experience your hurt deeply like the child who lets his/her hurt come, then lets it go. Releasing attachment is something that takes place in our hearts. In our actions, we do what works and go for our dreams.

### **Here are the steps to set yourself free:**

- 1. Notice that you are attached.** Notice the very thought of losing this person is extremely painful. Specifically, who are you attached to?
- 2. Ask for the presence of Spirit to assist you in this exercise.**
- 3. Notice what your clinging and hanging on has cost you.** Consider the areas of: your joy, personal dignity, your effectiveness, your ability to set boundaries, your effectiveness in relationships, being present with the people in your life. What has your hanging on, cost you?



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- 4. Also notice that your hanging on has had the exact opposite effect that you want.** The more you cling, the more you push the person away, live in fear, and invite a lesson from the Universe about letting go.
- 5. The antidote to fear is being totally willing to experience the very thing you fear.** In this case, the fear is of losing someone dear to you. Are you willing to lose this person?
- 6. There are some very powerful words you can use to release this person.** From the depths of your heart, say and mean the words, “God, I give \_\_\_\_\_ to you. God, I give \_\_\_\_\_ to you...forever.”
- 7. At this point you may experience a hurt.** Let the tears come. Use the R and R exercise to release every bit of the hurt. Let it go.
- 8. Notice how it feels to release your attachment.**
- 9. Now place your focus on building a beautiful relationship with you...and with God.**
- 10. Give thanks for a prayer that has been answered.**

How will your ability to live free of attachment, help you to live in the experience of real love?

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What specific areas of your life can you put this tool to work?

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What will be the benefits to you and the people you influence, as you master this tool over time?

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*“A man’s true wealth is measured by what he can do without.” – Henry Thoreau*

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