

# ATTACHMENTS WORKSHEET

..... *Be aware* ..... *Understand* ..... *Take action* .....

<b>ATTACHMENTS</b>	<b>CONSEQUENCES</b>	<b>ROOT CAUSES</b>	<b>HUMAN TOOLS FOR DETACHMENT</b>	<b>SPIRITUAL TOOLS FOR DETACHMENT</b>
Unhealthy attachments often not only involve physical and visible things, but often touch invisible realities, such as attachment to control or to a certain self-image.	Consequences of unhealthy attachments can touch on the spiritual, physical, emotional, and relational layers of our lives. Pay attention to what steals your peace in daily life.	Beneath attachments are often wounds from our past, lies that we believe about God, ourselves or others, or even inner vows that keep us bound ("I will never...").	Every choice we make shapes our humanity. Where can I choose freedom today? Concrete and realistic strategies tend to be more doable.	There is no lasting transformation apart from relationship. We detach not as an end in itself, but to experience intimate communion with God.
<i>God, how do you to show me where my heart is not yet free? I ask for the grace to let You love me, right here, right now.</i>	<i>Lord, will you shed your light on the "bad fruit" from my attachments? Let me experience the safety of Your heart here in the pruning.</i>	<i>Jesus, I trust You to gently guide me to these deeper roots of my attachments, to let You touch my pain, and to let You be my healer.</i>	<i>Holy Spirit, I surrender to Your wisdom: give me the courage to respond to Your invitation to deeper freedom, to being fully human.</i>	<i>God, what do You desire for me? Where can I be more receptive to You? How can I let you love me? Teach me to trust.</i>

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