

Loners' Letter

Gauteng & Districts

Experience, strength and hope from Al-Anon members for times when you can't get to an Al-Anon group

June 2023

Dear Loners

This month I would like to talk about detachment and letting go. When I first came across these concepts, I thought it meant giving up on my loved ones... that I didn't care about them any more... that I had given up on them. The idea of detaching and letting go went completely against what I thought my role as a mother was and is.

These days my instinct is still to protect my loved ones, but I have over time learnt that detachment and letting go have other meanings too.

Detachment means that I must let my loved ones travel on their own journey – even if it is a more difficult and dangerous path. I must let them decide on their own route and make their own way in life. As a mother, I will point out that it is a perilous route and that there are better ways, but if they persist I will leave them to their decisions.

Detachment means I must let them fail or fall, and let them face the consequences. Consequences are how they learn. Me rushing in to help, just cushions the fall and prevents them from learning the life lessons they need to learn.

Detachment means that I let my loved ones have the opportunity to become uncomfortable with their own behaviour. By becoming uncomfortable with their behaviours and the consequences of their actions, they are more likely to want to change or to come up with a solution for the situation in which they find themselves.

Detachment means that I give my loved ones, the opportunity to become independent, to mature, to grow and to become responsible human beings.

Detachment does not have to be cold and rejecting. It can be accompanied by loving compassion for my loved ones.

Detachment means that I have to stop interfering... to stop coming to the rescue. Interfering and solving their problems means that I rob my loved ones of the opportunity of figuring out their own solutions to their own problems. By interfering, I am delaying their growth.

Detachment means I have to focus on my own journey and make my own path. I have to put the spotlight on myself, and not on others.

Detachment means setting healthy boundaries for myself... standing up for myself... protecting my time and prioritising me. Doing this helps me to build my own mental and physical resources.

Detachment means staying in my own lane and minding my own business. It means focussing on my own personal growth and moving forward with my life.

Detachment means accepting how things have turned out, letting go of old hopes and dreams and allowing new ones to emerge.

Detachment means no rushing in to give advice. It means holding back from sharing what I have learnt and instead waiting to be asked for help.

Detachment means letting go. It means letting go with love. It means providing my loved ones with the space to learn to fly for themselves and it also involves providing me with the opportunity to learn to fly for myself.

Thank you

Clare

P.S. If you would like to send a share for possible publication, please forward your contribution to alanontvl@absamail.co.za with the subject "Loners' Letter Submission".

Al-Anon is a self-supporting organisation – we rely on financial contributions from our members to keep our offices open and our meetings going. Thank you to everyone who contributes.

Tradition Seven

Every group ought to be self-supporting, declining outside contributions. If you would like to contribute towards our office expenses, payment options are provided below.

Al-Anon Information Services

ABSA Bank, Oakdene, Current Account No: 1118881482 Branch code 632 005.

Please send proof of payment to alanontvl@absamail.co.za and use your **name, event or group** as the reference.

PayFast: Al-Anon Information Services

<http://www.payfast.co.za/donate/go/alanoninformationservices>

Please use group or event and members name as reference.

If you would prefer not to receive this newsletter, please send an email to alanontvl@absamail.co.za with the word **UNSUBSCRIBE** in the subject and your name will be removed from the distribution lists. If you know of new members who would like to receive our newsletter, please inform the office.