

Happiness and Detachment



[How To Be Happy When You are Not Happy lesson from the Happiness Alliance happycounts.org](http://happycounts.org)

Detachment is trust, respect and differentiation .

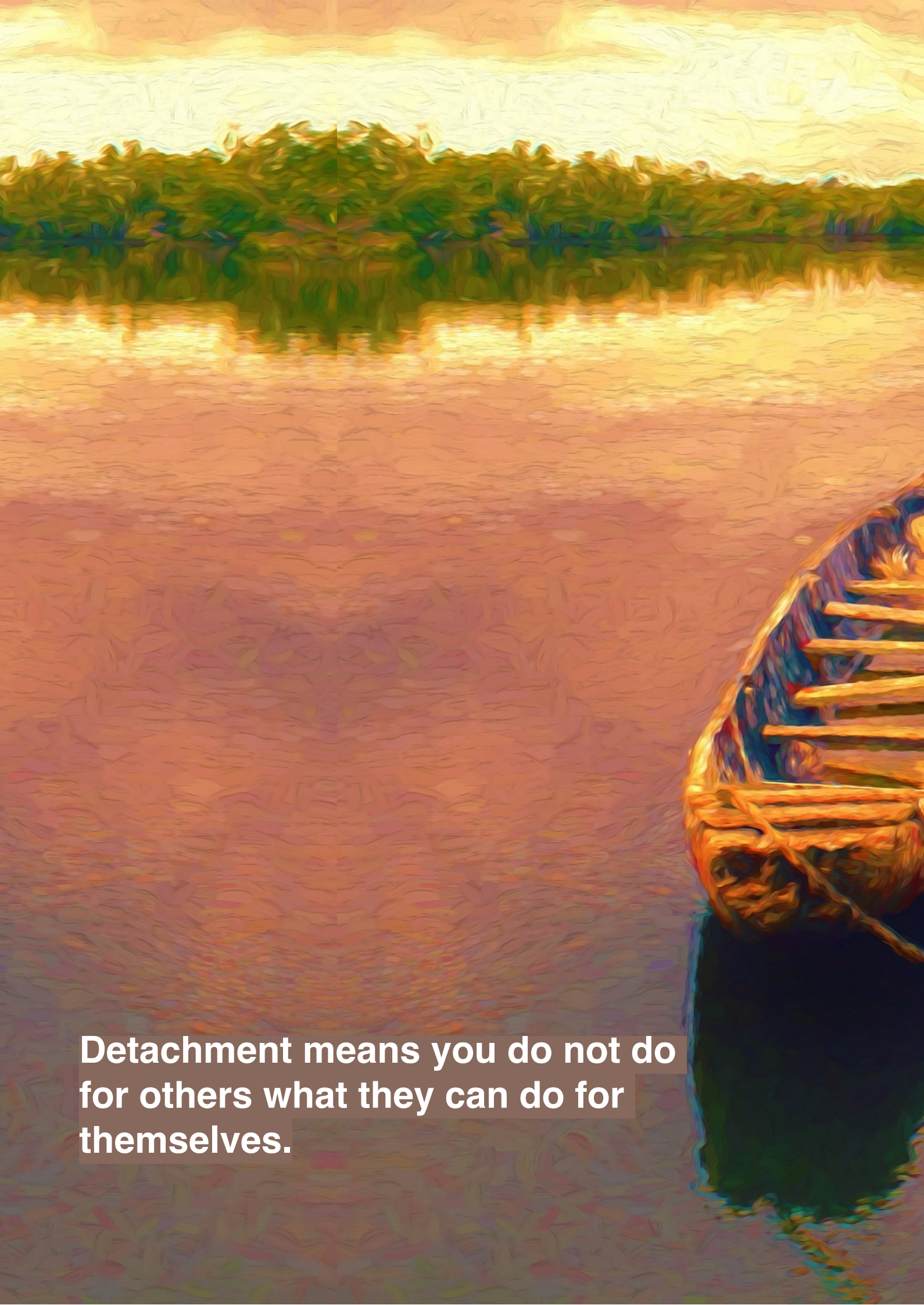
**Detachment
means you trust
the other
person's
decisions & life's
journey.**

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

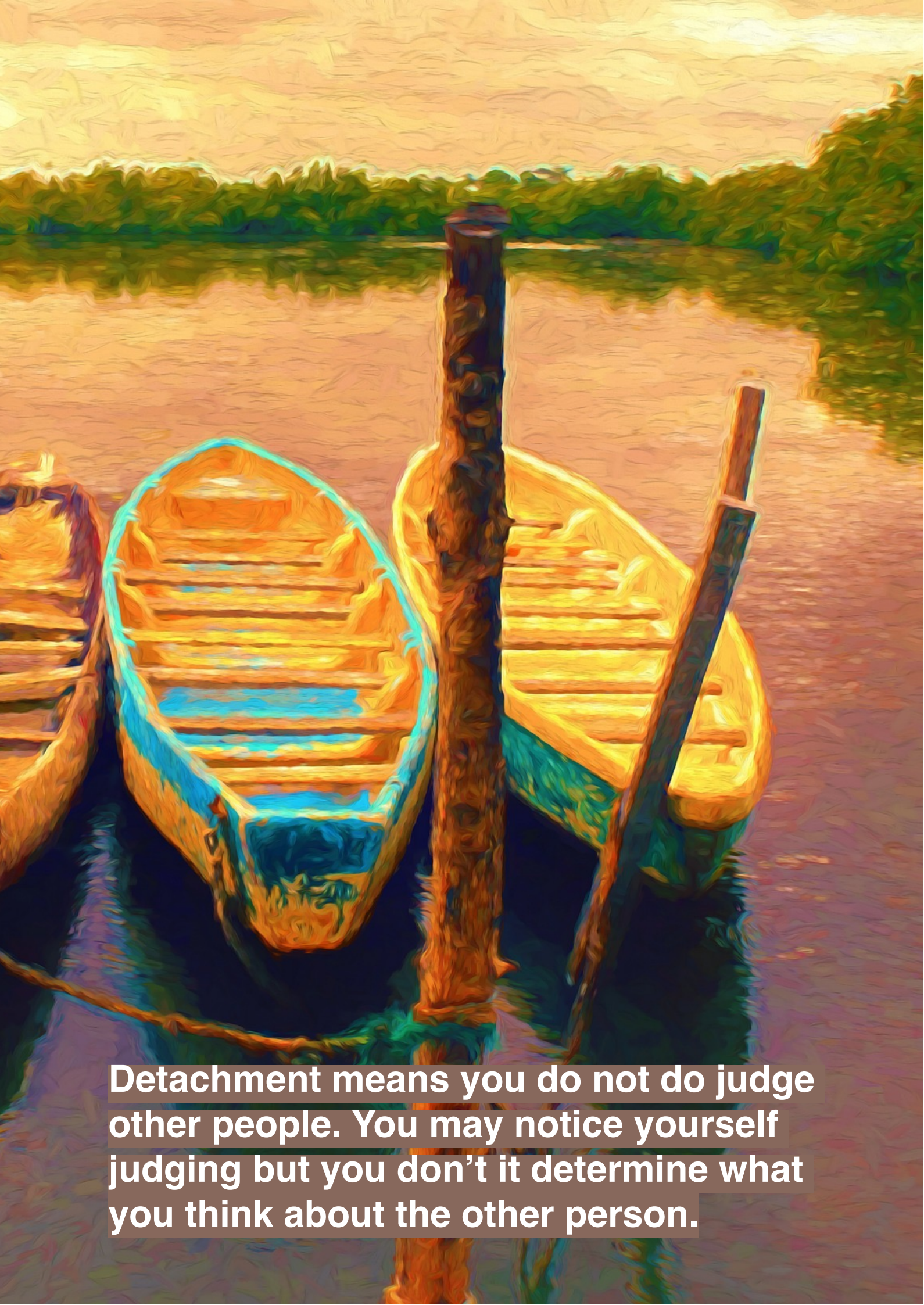
**Detachment
means you see
the other person
as a separate
whole different
from you.**

**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.**

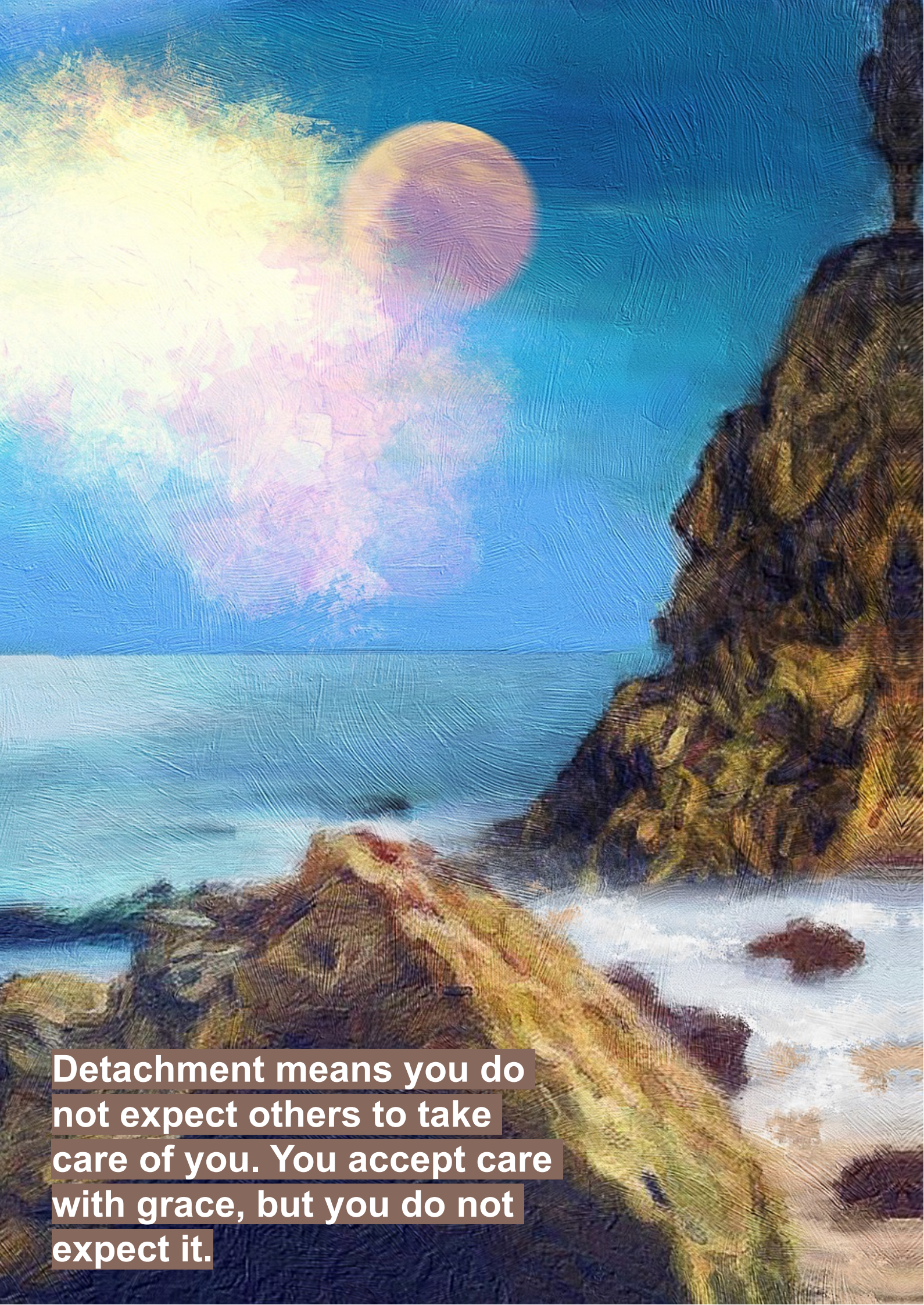




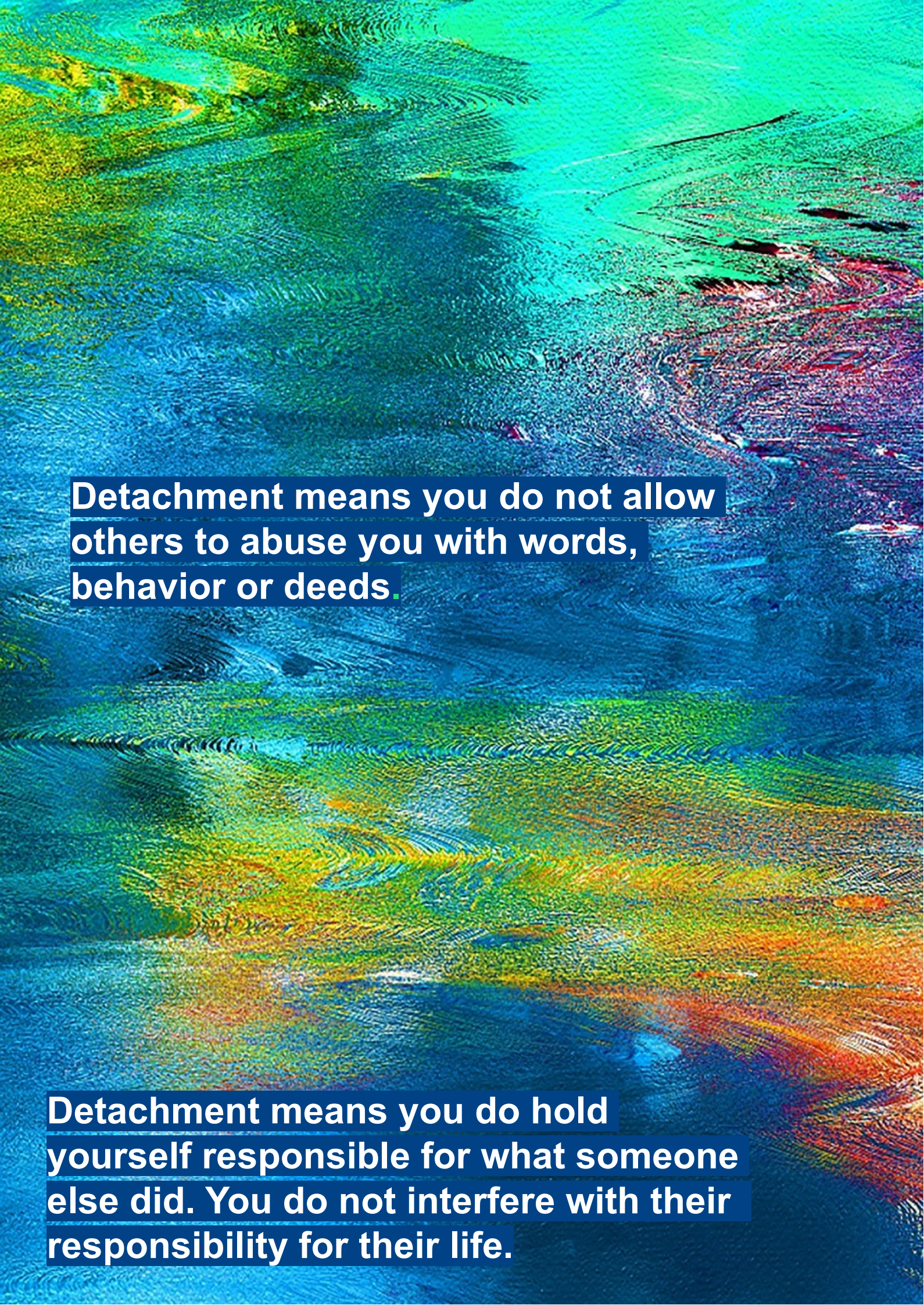
**You do save the day without
being asked to do so.**

The image is a full-page background featuring a textured, painterly landscape. On the left, a dark, rugged cliffside descends towards a body of water. The water is a vibrant blue, with a small, dark rock formation in the middle ground. The sky is a deep blue, with a bright, glowing sun or moon in the upper right quadrant, casting a soft, pinkish-purple glow. The entire scene is rendered with visible, expressive brushstrokes, giving it a sense of movement and depth.

**Detachment means you trust
yourself to take care of you**

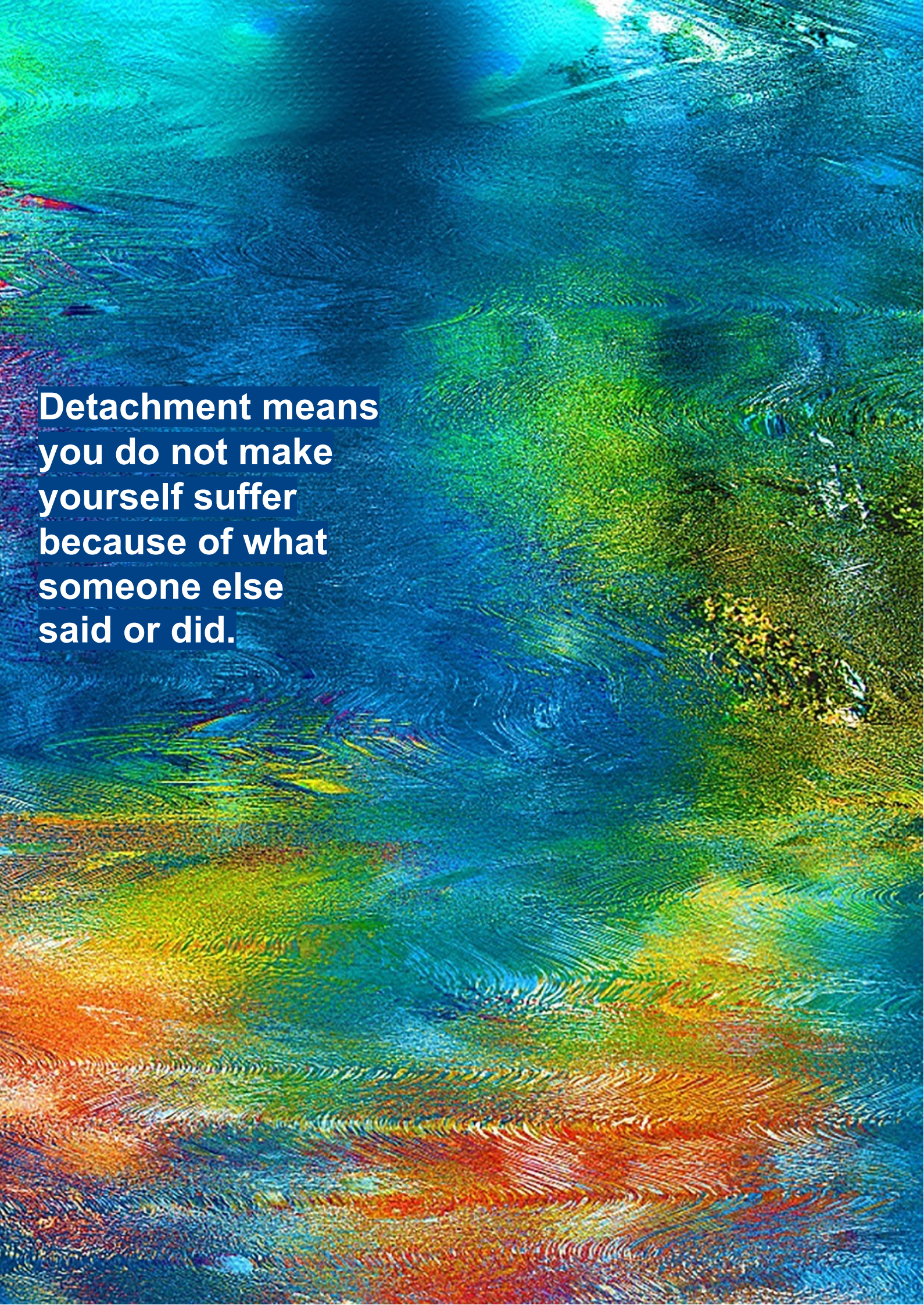


Detachment means you do not expect others to take care of you. You accept care with grace, but you do not expect it.

An abstract painting with a rich, textured surface. The colors are vibrant and varied, including deep blues, bright greens, yellows, oranges, and reds. The brushstrokes are visible and expressive, creating a sense of movement and depth. The overall effect is one of dynamic energy and emotional intensity.

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.

An abstract painting with a rich, textured surface. The color palette is diverse, featuring deep blues, vibrant greens, bright yellows, and warm oranges. The brushstrokes are visible and varied, creating a sense of movement and depth. The overall effect is one of dynamic energy and emotional intensity.

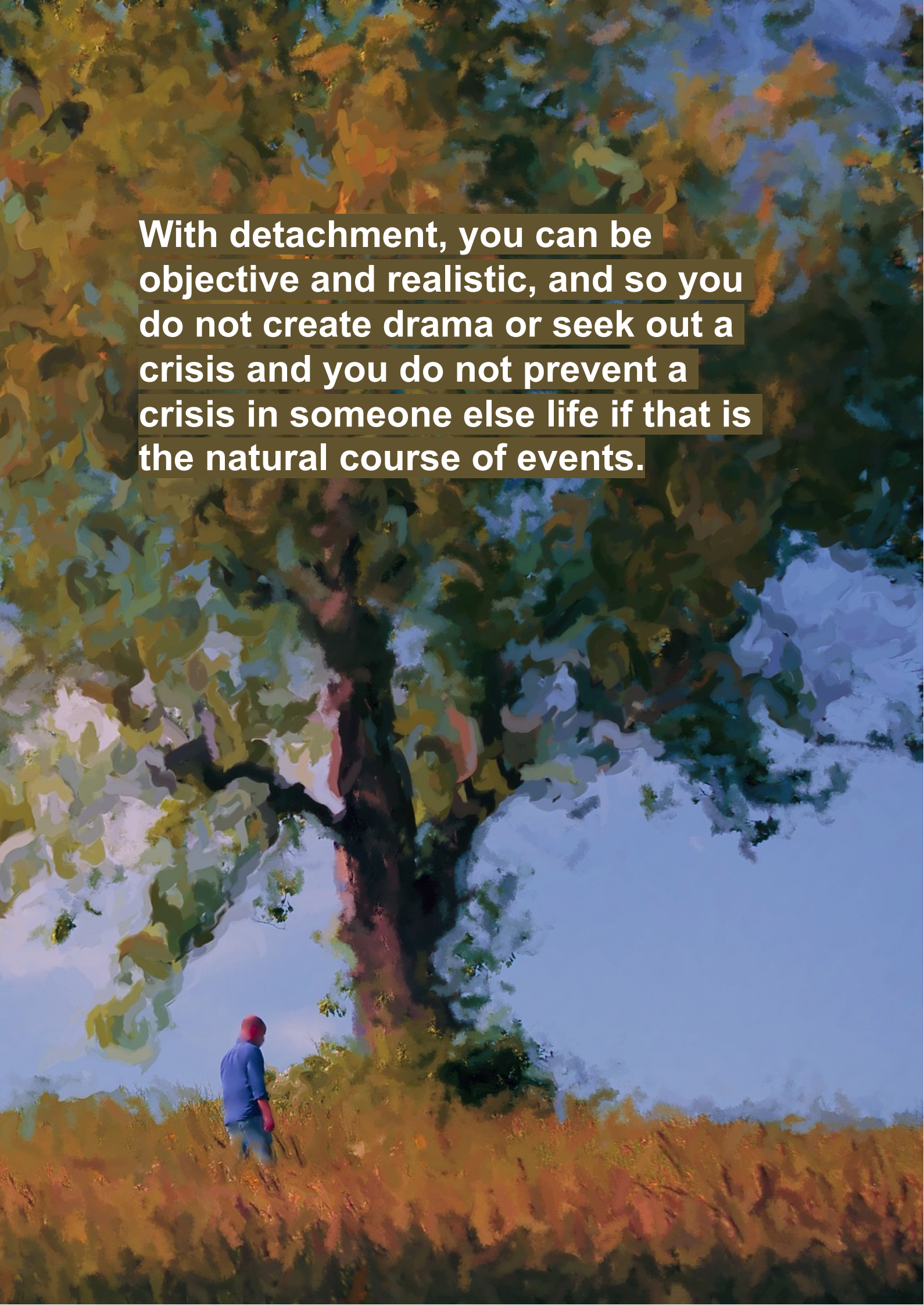
**Detachment means
you do not make
yourself suffer
because of what
someone else
said or did.**



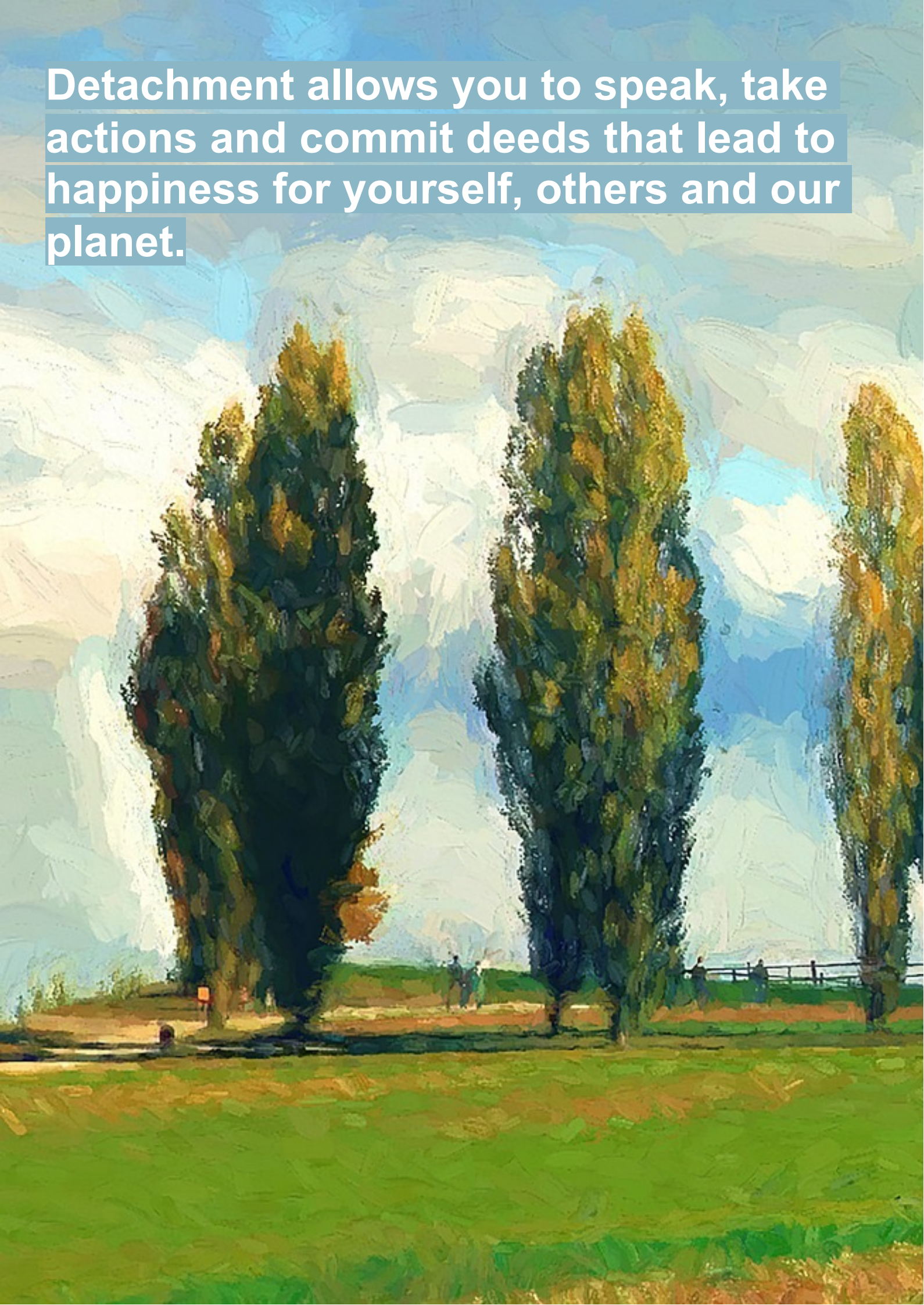
**Detachment means you are realistic
about people and situations.**

**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 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.





Happiness and Detachment from the Doctor Bliss Doctrine © 2015 Clinton Bliss, MD & Laura Musikanski.
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