

Fellowship Feedback for COSA Recovery Workbook

April 16-June 26, 2025

[Feedback Form](#)

Detachment

1. Consider your interactions with others at home, work, or elsewhere. In which of your relationships do you feel emotionally drained? In what circumstances do you feel over-responsibility and over-involvement?
2. What can you do to put emotional space between yourself and someone else? How can COSA help you redirect your emotional energy away from an addict and toward your own spiritual growth?
3. When someone is facing challenges and blames you, can you disengage and leave the responsibility with them, or do you tend to take it on?
4. When someone you love is sad, are you still able to find joy and serenity in your life? Journal about thoughts on this and how detachment might affect this.
5. When do you neglect your own needs in an attempt to care for another?
6. How do you know when you are *caring* or *caretaking*? What is the difference?
7. **Enmeshment visualization exercise.** Describe a situation when you experienced unhealthy enmeshment with another. How did you behave? Why? How did you feel? Now, visualize the situation if you had detached. What would you have done differently? How would you know you had detached? Create a representation of this new vision using paints, pencils, clay, a collage, or another medium of your choice.
8. Do you struggle identifying when the detachment tool might help you? Make a list of the cues you can look for to help you with this. Such cues might include examples like a hollow feeling in your gut, a fearful rapid heartbeat, or deep shame or sadness about another person's situation.
9. What are some strategies you can use to help you detach from someone or something?
10. In what ways are you relearning how to care for your own needs and emotions in your life today?
11. **Detachment exercise.** Envision a situation in which you use the detachment tool to take care of yourself and remove yourself from a space in which you do not belong. How do you feel? Consider visualization that helps you, such as stepping/falling backwards

out of an enmeshment situation and being caught by Higher Power or in the arms of your recovery friends. Create your vision using paints, pencils, clay, a collage, or another medium of your choice.

12. Are there specific people with whom detaching is difficult? Journal about the reasons why. Consider if fear of upsetting them, facing rejection, or a sense of duty plays into it. Consider if reframing this as detaching with love and respect for the other person can change the way you feel about it.
13. **Detachment Vision Board.** Make a list of things you would like to give more focus to in your recovery and in your day-to-day life. What prevents you from doing this? Create a vision board with words and images to show how your life will improve as you practice detachment and make more room in your life for your own growth and sense of self.
14. Describe a situation when you removed yourself from an unhealthy situation, let go of the outcome, and trusted Higher Power. What lessons did you learn from that experience? How did the situation play out for the other persons without your involvement? What lessons might they have learned as a result, to help them along their life path?
15. What are some unhealthy conflict or relationship cycles in which you have gotten stuck ? What might help you take a break from these? Who can you reach out to for support if this is difficult?
16. **Detachment Practice exercise.** Think about someone in your life with whom, or a situation in which, you would like to practice loving detachment. How can you better respect that person's abilities, dignity, and right to be responsible for their own choices and feelings? Consider role playing with a safe person, such as a COSA friend, sponsor, or sponsee.
17. What tools can you use or who might be able to help when you have the urge to fix someone else? What Steps, Traditions, Concepts, or slogans might help you with detachment?
18. How does detachment differ from abandonment?
19. What is the relationship between the detachment tool and boundaries? How is a boundary an assertion, while detachment is stepping back? Write examples for each of these situations in the table below. If you have not yet experienced these, complete the table when you have more to add.

When have you set a boundary with another person who is encroaching on your time or space?	
When have your own boundaries been weak, and you have encroached on another person?	
When have you detached from another person's verbal abuse by changing your own previous pattern of reacting/engaging?	
When have you detached by stepping back from your own tendency to caretake another person?	

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