

Attachment



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As Gautama Buddha famously observed, attachment is the root of all suffering. This is true, but attachment is also the root of love and passion. Attachment is fundamental to the human condition but it is also, to some extent, voluntary. Detachment can be cultivated by various means, and it is an objective of many schools and practices; including science and enlightenment. Detachment is often an important goal of psychotherapy. Dissociation is a state of detachment from personal identity itself, to which we can resort under

circumstances of extreme trauma. Pain is unavoidable but suffering is relieved by detachment, according to the metaphorical formula:

Suffering = Pain x Resistance

Attachment can also be cultivated by various means, and it too is an objective of many schools and practices; including education and marketing. Attachment is often an important goal of psychotherapy. Attachment styles define which people are compatible and how they determine whether or not they are being loved. Relationship counseling is often a matter of translation from one love language into another. Codependence is an attachment to shared identity at the expense of personal identity and interest, demanding constant reinforcement at any price. Insecure attachment often resorts to a defensive form of protective detachment, or the pretense of detachment. Secure attachment can be mistaken for detachment because it requires no signs or active confirmation. Secure attachment can afford to be relaxed and undemanding. The avoidance of suffering need not entail the renunciation of attachment, passion or joy. Trust me. Call me.

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