

IDENTIFYING ATTACHMENTS AND OVERCOMING THEM

Summary based on: Fr. Thomas Dubay. *Fire Within: St. Teresa of Avila, St. John of the Cross, and the Gospel, on Prayer*. San Francisco: Ignatius, 1989.

How can you know if you have an attachment?

1. Use something for an end contrary to God's purpose for it
2. Excess in use
3. Turning a means into an end
4. A love that is in competition with God

“He who loves something together with God, undoubtedly makes little of God, for he weighs in the balance with God an object far distant from God.” (St. John of the Cross *Ascent of Mt. Carmel*)

5. Self-centered rather than God-centered

*My litmus test → my reaction when it is delayed or taken away

Fr. Dubay's Six steps for overcoming attachments:

1. Nip them in the bud → easier to overcome before they have become an ingrained habit
2. Nurture the *desire* to give everything to God → does NOT mean actually giving up everything you own, but a readiness of heart that if anything, or everything, were asked of you, you could give it up in that moment.
3. “Divest our memories of all **superfluous** thoughts, rumors, news, tastes, fears, pleasures, remarks, sights and sounds”
4. Be aware of emotions and how they affect each other – joy, fear, grief, sorrow
5. Although detachment appears to be losing something; it's actually about gaining something better.
6. Must employ **determination**.