



PRESENCE-BASED®  
COACHING

## Excerpted from *Presence-Based Coaching*

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### Practice 6.4: Letting Go of an Attachment

Identify something that you are attached to – something that’s routine, that you enjoy, that you have definite urges for, and that feels slightly indulgent. Perhaps your morning Starbucks visit, a glass of wine with dinner, or sweets. You get the idea. You choose.

Now give it up for one week.

So what reaction did you have to my suggestion that you give it up? What story did you tell yourself? You may have thought: “No, not that!” or, “I don’t really need to do this exercise; I understand the point he’s making!” If you are really honest with yourself, some experience of clinging arose at the mere suggestion that you give it up.

This is a way to practice making a conscious choice to let go of an attachment rather than indulging it, as our habits would have us do. This inner work of letting go of a morning coffee habit supports letting go of any attachment that drives us. On one level, it’s about coffee. At a deeper level, it’s about the generative practice of being able to witness and release any attachment. This is our ticket to freedom.

Try this experiment, using your habit to practice with for a week.

At the times when you would normally indulge this habit, self-observe around the urge itself. Let the desire or attachment arise. Let it be there. Be fully present with your desire. Realize that the desire is a phenomenon separate from you, the observer of the desire. Realize that you are at choice. And let the attachment go, recognizing that you don’t need it.

This sounds simple but is decidedly not easy. All kinds of stories will arise to justify your indulging your habit. Depending on the strength of your attachment and your commitment to working with it, you may or may not find it easy to give up your habit for a week.

Don’t set this up as a pass/fail test of character. This is really about being present with your urges, and then letting them go. Think of letting go of attachments as a competency in itself. There’s much to discover, and, for sure, something of interest will be revealed if you stay in the practice.