

# Emotional Dependency

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## **Freeing oneself from emotional attachment and dependency**

The flower essence for assisting one in allowing oneself to see the truth of emotional attachment, and thus enabling one to step away from the self-imposed bonds that tie one to a person, a belief system, or whatever.

Includes the “dependency” that goes along with the attachment, and the resulting “trauma” that appears to be the result of the attachment and dependency upon the person or thing.

**Affirmation: “I now release my attachments to whatever appears to be causing me grief or trauma.”**

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