

# How to Detach: A Super Power for Life & Leadership | Jocko Willink & Dr. Andrew Huberman

<https://silosolo.com/312498>

## Summary

The speaker discusses the concept of detachment, which involves taking a step back and broadening one's field of view to gain a better perspective. Detachment helps individuals see the bigger picture, think more clearly, and make better decisions. The speaker shares a personal experience on an oil rig training mission where he realized the power of detachment by being able to see what needed to be done and make a tactical call. Detachment can be applied in daily life to avoid getting wrapped up in emotions or details, and to make better decisions. While detachment may be more challenging for someone in a solo gunfight, it can be easily applied when working with a team and being the person who takes a step back to gain a broader perspective.

## Silo sample questions

- What is detachment?
- How can detachment be helpful?
- What was the speaker's personal experience with detachment?
- How can detachment be applied in daily life?
- Is detachment applicable to everyone?

## Topics

detachment  
gain perspective  
make clear decisions

## Key Takeaways

- Detachment is the act of taking a step back and broadening one's field of view to gain a better perspective and make clearer decisions.
- Detachment allows individuals to see the bigger picture, think more clearly, and make better decisions.
- The speaker had a moment of realization about the power of detachment while on an oil rig training mission with his platoon. By taking a step back and broadening his field of view, he was able to see what needed to be done and make a tactical call.
- Detachment can be applied in everyday situations to avoid getting wrapped up in emotions or details, and to gain a better understanding of the situation before making decisions.
- Detachment may be more challenging for someone in a solo gunfight, but it can be easily applied when working with a team and being the person who takes a step back to gain a broader perspective.

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