007

information contact

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20. феб, 13:04

I mainly want to talk about my attachment style

I've experienced a huge emotional upheaval recently

I am a very typical anxious attachment personality

Ви

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20. феб, 13:05

Oh, I'm sorry

information contact

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20. феб, 13:05

If others reply to messages late, I will become anxious, uneasy, or even angry.

I also particularly need someone to give me a sense of security.

Ви

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20. феб, 13:06

Do you have a partner now

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20. феб, 13:06

Encouragement through words, meetings, physical contact, etc.

Ви

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20. феб, 13:07

Are you in a relationship now?

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20. феб, 13:07

My current girlfriend and I met through a dating app in September 2022  
He must have just broken up at that time

We liked each other the first time we met

Yes, I'm still in love.

I'm in Hong Kong and he's in Suzhou  
Always in a foreign place

Ви

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20. феб, 13:08

Okay, you're in a relationship, but you feel like you're constantly doubting your partner's love.

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20. феб, 13:09

When we first met, his work was relatively free.

So we will go to Guangzhou together on weekends

yes

Ви

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20. феб, 13:10

Is your insecurity visible in other relationships with people, in those relationships that are not related to love?

Are you insecure in a business interaction for example

Or with friends

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20. феб, 13:11

Only manifested in intimate relationships

This is basically not the case with other people

Ви

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20. феб, 13:11

What was your parents' relationship like?

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20. феб, 13:12

Absolutely not  
They are a day or two late, and they don’t reply to my messages for a week. It’s okay.

My parents and I are very polite  
not intimate

They have a good relationship

Ви

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20. феб, 13:13

I thought I'd ask what the relationship was like between your parents, between the two of them

ок

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20. феб, 13:13

Dad talks less, and mom is more eloquent.

The two of them often quarrel  
But I can see that the relationship is very good

Ви

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20. феб, 13:14

And what were your first love experiences? When you had your first partner... how did it go for you?

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20. феб, 13:15

If one of the two parties comes home late, the other will definitely be anxious

I'm afraid of hurting them, and I'm afraid of them hurting me

I didn’t understand my first partner very well, and now that I think about it, he’s not someone I like very much.

Ви

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20. феб, 13:17

Does this happen often?

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20. феб, 13:17

After breaking up with the first person I really liked，my insecurity starts

2017

Ви

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20. феб, 13:18

! interesting

So you weren't insecure before that

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20. феб, 13:19

doesn't happen often

Ви

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20. феб, 13:19

Tell me something important for that breakup in 2017.

Why did the breakup affect you so much?

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20. феб, 13:20

I liked that guy very much, he was my type. We had been dating for about three months, and then he started to ignore me, and then he broke up with me.

There was no communication before

Not mentally prepared

Discovered that a person can suddenly leave without saying hello

Ви

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20. феб, 13:21

Yes, it happens, but not very often.

How old was that guy then?

information contact

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20. феб, 13:22

feel abandoned

Especially if you are suddenly abandoned by the person you like

I was 24 and he was 21

Ви

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20. феб, 13:23

People usually give some sign that there is a problem in the relationship. Such a sudden departure seems immature to me.

Also, it seems to me that you were not as important to him as he was to you.

information contact

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20. феб, 13:24

I didn't notice

Ви

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20. феб, 13:24

It seems like he felt he didn't need to solve the problem with you because it wasn't important. As if it was enough for him to just leave.

It could also be that he has too little capacity for empathy, which also means that he is (was) immature.

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20. феб, 13:25

Later he told me that it was because I said that we would eventually leave our parents.  
He said that he loves his parents very much, and he thinks that I have completely different ideas

But when I said it, he didn’t refute me.

Ви

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20. феб, 13:26

It is natural to leave your parents one day.

information contact

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20. феб, 13:26

should be

But since then I have become very anxious in intimate relationships

Will keep looking for clues to find out whether the other party still loves me or not

Ви

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20. феб, 13:28

There is no guarantee of love. But still, your concern really bothers you.

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20. феб, 13:28

The reason for the recent fluctuations in my relationship is that I accidentally discovered that my partner was still on a dating app.

Ви

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20. феб, 13:29

I see

Is she active there

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20. феб, 13:29

I also posted the photos I took of him when we traveled together.  
I broke my defense

Ви

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20. феб, 13:29

What are your plans for future

information contact

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20. феб, 13:30

I don’t know exactly how active he is, but he brushes it every day.

Later, I gradually opened my eyes to this matter.

Just use the software.

As long as he is still willing to see me and chat with me every day, I can accept it

Ви

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20. феб, 13:32

I'm kind of curious, how did you crack him

information contact

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20. феб, 13:33

What makes me even more uncomfortable recently is that he didn’t even take the initiative to tell me how many days he would have during the Spring Festival holiday.

I had already uninstalled the dating app after I met him.

Ви

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20. феб, 13:34

Did you talk to him about it?

information contact

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20. феб, 13:34

That day he sent me a screenshot, which showed that the previous software he was using was a dating software.

Said it on the spot

The original words are, baby, why are you still using software so late at night?

He said I just brushed it

Ви

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20. феб, 13:36

Yeah... maybe he's not looking for anything in particular there, and maybe he'll come across something.

On the other hand, he could just look at pictures of good looking women, somewhere else, if that's what he misses.

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20. феб, 13:37

Yes, it’s this uncertainty, the feeling of hanging people that makes me crazy.

It seems like I will be abandoned at any time

yes

If I weren't anxious, I might think this way, or I wouldn't think about these things at all

But I'm anxious, and I keep thinking about the worst-case scenario

Ви

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20. феб, 13:39

It's bad that you rarely see each other. Let's see, what would happen if he finds another... that is, if he finds another (parallel relationship)?

So he can have two girlfriends and be indecisive about which one to be with. And he can decide to leave you.

information contact

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20. феб, 13:40

In fact, I haven’t had this kind of anxiety for a long time.  
But finding out that he was reading the software really triggered the trap.

no we are gay

If he finds someone else, tell me clearly and let's break up.  
I may be sad for a while, but I’ll probably be fine after being sad for a while  
If he loves another person in parallel, I will break up directly

If he hesitates, I will definitely leave first

Ви

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20. феб, 13:43

of course... provided you find out

I get the impression that your relationship is really not very secure. But let's see how bad it is.

In fact, it would be good to see if you can stabilize the relationship first.

information contact

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20. феб, 13:44

I'm not sure he can talk to me openly about this.  
Our current communication is very superficial.

He usually avoids phone calls and video chats。

Ви

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20. феб, 13:45

Well there is a problem, it won't solve by itself

?

You just write messages?

information contact

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20. феб, 13:46

It was only after I was particularly sad and angry this time that he was willing to call me

my partner usually avoid calling and video chatting

The current relationship is pretty much the same as before.

But he has an exam in early April

So I want to meet and chat with him after that

Ви

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20. феб, 13:48

Relationships that are maintained at a distance have it's future when the partners plan to live together one day. Do you both think about being more together?

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20. феб, 13:50

Before that, I want to know more about myself and this relationship

I have told him many times that I will go back to Shanghai to find a job in two years, and he agrees. He said that it is very likely that he will go to Shanghai in two years.

Ви

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20. феб, 13:51

Ok, since we are running out of time, let's see what we have

information contact

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20. феб, 13:51

ok

Ви

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20. феб, 13:52

First, you described yourself as someone with an anxious style, but I also see that your anxiety is partially justified.

Your relationship is weak, sensitive. To make yourself feel better, you could do two things:

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20. феб, 13:53

ok

Ви

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20. феб, 13:54

To work together to strengthen and secure the relationship, to have plans and work on them actively, and to see that he is also interested in a future together.

Another thing is to strengthen yourself in case you do break up.

We can talk about that next time we meet

ок?

information contact

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20. феб, 13:55

This is also a big pitfall recently. I can say from now on

ok

Ви

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20. феб, 13:56

Right then, see you soon Alex

information contact

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20. феб, 13:56

See you。

My parents are coming to my place this week and I want to accompany them  
See you next time

Ви

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20. феб, 13:57

ok

bye

information contact

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20. феб, 13:57

bye