

the silence is deafening isn't it when

0:02

your avoidant man suddenly goes quiet

0:05

when he stops responding or emotionally

0:07

checks out and you're left wondering

0:10

what you did wrong you feel anxiety You

0:13

feel confusion You don't know what

0:15

happened and you don't know how to make

0:17

it better Their silence is screaming in

0:21

your ears You're afraid when the

0:24

communication stops but you're also

0:26

afraid it will never start again You're

0:28

afraid what's going on behind that

0:30

barrier behind those eyes But now you

0:33

can't find out You enter a spiral of

0:36

overthinking What's going on what can I

0:38

do but nothing seems to work And then

0:42

the worst case scenario thinking kicks

0:44

in Maybe he's over me Maybe he's leaving

0:47

me Maybe he's fallen out of love with me

0:50

Maybe this is it I'm Adam Lane Smith the

0:52

attachment specialist and I have helped

0:54

thousands of couples break through these

0:56

silence cycles and rebuild deep lasting

0:59

connections Now by the end of this video

1:02

you're going to understand exactly

1:03

what's happening in his brain when he

1:05

goes silent why your natural responses

1:08

might actually be making things worse

1:10

and the exact approach that will help

1:13

you reconnect with him Now before we

1:15

dive into the effective strategies that

1:17

will help you reconnect let's first

1:19

address the biggest misunderstanding

1:21

that keeps so many women stuck in this

1:24

painful cycle There's actually a huge

1:26

gap between what you think is happening

1:28

when he goes silent and what's actually

1:31

going on in his mind Now what you think

1:34

he's thinking when he goes silent is

1:36

probably something like the following

1:38

The common narratives that women usually

1:39

create in their head when a man goes

1:41

silent is he doesn't care about me He's

1:44

furious at me The abandonment fears then

1:47

begin to surface I'm just too much Then

1:51

the comparison trap starts He probably

1:54

wishes he was with someone else right

1:55

now Then the projection of rejection

1:58

kicks in He's probably thinking about or

2:01

fantasy about fantasizing about other

2:03

women right

2:04

now When

2:06

really what's actually happening when he

2:09

goes silent is more likely I don't know

2:12

what to say that isn't going to make

2:14

this worse Or it could be that he's

2:17

thinking about work or he's in a dorsal

2:20

veagal shutdown We'll talk about that

2:22

And there's not thinking anything at all

2:25

A woman's brain is full of a million

2:27

thoughts at once It's it's programmed to

2:29

multitask that way But a man can

2:32

absolutely just be sitting there

2:33

thinking nothing because they can be in

2:35

a completely passive mental state where

2:37

his mind is just blank Women do not

### **Understanding Why Men Go Silent and Women's Reactions**

2:40

understand this And because women can't

2:43

do this they don't trust it So when she

2:46

asks "What are you thinking?" He replies

2:48

"Nothing." She assumes he's hiding

2:50

something from her If a woman pushes on

2:52

this and implies that he's a liar it's

2:55

one of the worst things she can do So

2:58

why do women spiral into a negative

3:01

thought cycles when men go silent and

3:03

men can go silent just because they're

3:05

not thinking They can go silent because

3:06

they're quiet They can go silent in the

3:09

middle of an argument They can go silent

3:11

after emotional connection Why is

3:14

silence so threatening when a man goes

3:18

silent a woman's brain typically

3:20

registers it as a social threat Because

3:23

she would only go silent and stop

3:26

communicating or seemingly block someone

3:28

out when she was angry at them when she

3:31

hated them when she didn't want them

3:34

anymore or when they were just way too

3:36

much And this now when he's reacting to

3:39

you and giving you silence triggers your

3:42

amydala the fears the the brain's fear

3:44

center the alarm system to release

3:46

stress hormones like cortisol and

3:48

adrenaline flooding through your system

3:50

This biochemical response activates your

3:53

attachment system which if you are

3:55

anxiously attached puts your brain into

3:57

danger mode and impairs your prefrontal

4:00

cortex the rational thinking part of

4:02

your brain that goes offline The longer

4:05

the silence continues the more your

4:07

brain enters a state of hypervigilance

4:10

terror fear and convincing arguments

4:14

that you're about to be abandoned It's

4:16

scanning for any sign of rejection or

4:18

abandonment making more out of

4:21

insignificant things because of your

4:23

heightened arousal state Your dopamine

4:26

levels and serotonin levels plunge

4:28

during these periods creating actual

4:30

withdrawal like states that intensify

4:33

feelings of terror anxiety and

4:35

desperation Now psychologically this has

4:38

a tremendous number of negative effects

4:40

Your mind becomes locked in a negativity

4:42

bias automatically interpreting his



4:44

silence in the worst possible light and

4:46

worse as it goes on Your past

4:48

relationship wounds reactivate making

4:50

you more likely to project old hurts

4:53

onto the current situation The longer

4:55

you sit in this biochemical stress state

4:58

the more your thoughts become

5:00

catastrophic an all or nothing There is

5:02

something called emotional impermanence

5:05

that when somebody's emotions and love

5:07

and connection are in front of you you

5:09

believe them but the moment they

5:11

disappear from your sight and they're

5:13

not being confirmed you start to doubt

5:16

them And if there's even the smallest

### **Understanding Anxious Attachment in Relationships**

5:18

hint that maybe they aren't fully

5:21

connected to you or their their feelings

5:22

for you might be draining you react with

5:26

fear and terror And then you chase and

5:28

pursue and aggressively try to get proof

5:31

of love again while they're calm or

5:34

agitated or whatever they are just

5:36

reaching a calm not quiet state Your

5:39

sense of self-worth becomes dangerously

5:42

tied to his constant

5:44

responsiveness and his lack of

5:46

responsiveness feels like death to you

5:49

Now what's the behavioral result that we

5:50

see from all this inner turmoil in a

5:52

woman who's feeling this terrified well

5:55

the anxiety drives you to seek

5:57

reassurance sometimes through repeated

5:59

texts or calls or confrontations

6:01

behaviors that actually push him further

6:03

into withdrawal as he says "What is

6:05

wrong with her why is she freaking out

6:07

why is she demanding so much immediate

6:10

compliance from me what's going on your

6:12

communication becomes emotionally

6:14

charged making it harder for him to

6:16

re-engage You start using very

6:18

subjective emotional terms as you're

6:21

craving co-regulation but he perceives

6:24

it as coercion

6:26

You might swing wildly between desperate

6:29

attempts to reconnect and angry

6:31

withdrawal on your own Especially if

6:33

you're not just anxiously attached but

6:35

disorganized attachment style Very

6:37

common for that pattern like this This

6:40

creates a destructive pushpull dynamic

6:42

that reinforces both your anxiety and

6:45

his avoidant tendencies

6:47

This fosters a lot of codependency

6:49

because you become triggered by him

6:51

worse and worse and worse slowly losing

6:53

yourself to his mood swings as you

6:56

hyperfixate on this relationship as an

6:58

ongoing threat and your only source of

7:01

safety Well you're not able to change

7:03

the patterns because you're stuck in

7:05

them This is picked up by your children

7:08

if you have children together because

7:10

they see you freaking out when he's

7:12

quiet or stressed They see him stressed

7:14

and pulling away and both of you chasing

7:17

and freaked out Even if they just see

7:19

you stressed and and white knuckles on

7:22

the on the steering wheel while you're

7:23

driving to the grocery store you wonder

7:26

why everybody is stressed out all the

7:27

time and disconnected And that in turn

7:30

creates an avoidant tendency in the

7:31

children or an anxious tendency in the

7:34

children and they repeat your patterns

7:35

because it's all they know Now however

7:38

while you're unraveling in a massive

7:39

neurochemical reaction this is what he's

7:42

actually usually thinking there's an

7:44

overwhelm response maybe And he's

7:46

thinking "These emotions are just too

7:47

much for me to process right now." And I

### **Understanding Emotional Overload in Avoidant Individuals**

7:49

mean his emotions my emotions are too

7:52

much for me to process right now I need

7:53

to pull away and get some space and just

7:55

kind of breathe It's a capacity issue I

7:58

don't have the bandwidth to handle this

7:59

discussion that we're in right now I'm

8:01

just feel like I'm overloaded I'm

8:02

shutting down I'm I'm fatigued I need to

8:04

shut it down So because I'm just I'm so

8:06

tired The avoidance of disappointment

8:09

It's better to pull away than to say the

8:12

wrong thing and make it worse Or the

8:14

temporary retreat This is a bad time for

8:17

me I can make this up to her later Now

8:20

when an emotional situation arises for

8:23

an avoidant man especially he's

8:26

experiencing a trauma response from

8:28

emotional overload When he's overwhelmed

8:30

emotionally his brain triggers a flood

8:32

of cortisol that activates his

8:33

sympathetic nervous system the

8:35

fight-or-flight response This shuts down

8:37

his prefrontal cortex to allow instant

8:40

reptilian survival decisionmaking with

8:43

survival as primary focus not even

8:46

long-term goals His brain now is in a

8:48

state of emergency reducing blood flow

8:50

to the verbal processing areas called

8:52

Broca's area during stress which means

8:54

he can't even communicate effectively

8:56

with you while he's trying to shortterm

8:58

solve problems He's also trying not to

9:01

fight with you because he's got fight or



9:02

flight So flight is the smarter option

9:05

And if he can't get away freeze is even

9:08

better A dorsal veagal shutdown where

9:10

his system crashes because he doesn't

9:12

want to fight you and hurt you or hurt

9:14

himself His testosterone levels actually

9:17

drop during relationship conflict while

9:20

his cortisol levels spike creating a

9:22

biochemical state that drives

9:24

withdrawal rather than engagement Again

9:27

he doesn't want to fight you He's

9:29

pulling away to prevent a fight not to

9:32

cause one His brain prioritizes

9:34

emotional regulation himself through

9:37

distance rather than co-regulation which

9:40

he doesn't understand through connection

9:42

All of this is a response to lasting

9:45

childhood trauma imprints from infancy

9:47

and early childhood which caused him to

9:49

seek distance and protection against

9:51

emotional closeness because his

9:53

caregivers didn't co-regulate with him

9:56

They weren't stable and and consistent

9:58

and they may have made things worse So

10:00

he learned being close to them was

10:02

dangerous That gave rise to his avoidant

10:05

patterns in the first place And that's

10:06

what he's reliving now when he goes

10:08

silent Now the resulting behaviors that

10:11

you see and misinterpret are things like

10:13

this His sudden silence that isn't

10:16

calculated rejection It's his brain

### **Understanding Avoidant Attachment and Emotional Withdrawal**

10:18

shutting down communication pathways to

10:20

manage the overwhelming stress His

10:23

physical withdrawal maybe even leaving

10:24

the room becoming absorbed in work or

10:27

hobbies is his attempt to regulate his

10:29

emotional state not a sign he doesn't

10:31

care A lot of avoidant men jump out of a

10:34

relationship conversation run in their

10:36

office close the door and start checking

10:38

their emails and trying to work because

10:40

it's the only thing they know that they

10:43

can do And there's an emotional flatness

10:45

or a blank stare that many women report

10:49

isn't just disinterest It's it's not

10:52

that he doesn't

10:53

care It's his brain temporarily

10:56

disconnecting from emotional processing

10:58

to prevent overwhelm It's even a freeze

11:00

response to prevent you from being mad

11:03

at him for having the wrong facial

11:05

expression Maybe his caregiver screamed

11:07

at him in childhood for not smiling

11:09

enough or for being too contemptuous or

11:11

or or having too much of an attitude and

11:14

he's learned to have a blank face But

11:15

that flat affect is also a sign of full

11:18

dissociation and disconnection And I'll

11:20

also say this once things cool down his

11:23

reluctance to revisit the topic later

11:25

isn't usually forgetting or dismissing

11:28

your concerns It's his brain remembering

11:30

that was a horrible painful

11:33

experience I don't want to re-trigger

11:35

that stress response Please don't make

11:37

me go there again Now there is a very

11:40

clear attachment-based explanation for

11:42

all of this Okay emotional abandonment

11:45

is his attempt to preserve the

11:47

relationship by preventing himself from

11:49

saying or doing things he might regret

11:50

hurting himself or hurting you But what

11:53

he's doing and what you're feeling is

11:54

emotional abandonment This doesn't mean

11:56

he's the villain or that you're the

11:58

villain It means this is an unregulated

12:00

trauma response that you're actually

12:02

both activating back and forth The

12:04

timing of his withdrawal coincides with

12:07

moments usually quite often of deeper

12:08

intimacy or conflict which is precisely

12:12

when his avoidant attachment system is

12:13

most activated and when you most need

12:16

the connection So it's painful for you

12:19

and overwhelming for him This pattern is

12:22

not intentional or conscious

12:25

or malicious It's a deeply ingrained

12:27

survival response from his attachment

12:29

history that's flooding through his

12:31

hormones and neurotransmitters his brain

12:34

everything is activating This is not a

12:36

choice And neither one of you is the

12:38

villain here But we do need to fix it

12:40

Now there is a huge cost to this

12:43

misunderstanding

12:46

Him pulling away activates your fear of

### **The Cycle of Relationship Degradation and Its Impact on Children**

12:49

loss and abandonment And you chasing

12:52

actually creates a self-fulfilling

12:55

prophecy of driving him away And when he

12:58

does come back you try to reconnect and

13:00

both of you go back and forth and back

13:02

and forth And it's an endless loop that

13:04

eventually starts to degrade the

13:05

relationship This me misreading creates

13:07

a negative feedback loop between both of

13:09

you that reinforces his withdrawal over

13:11

and over and over again The result is a

13:13

deep feeling of animosity between you

13:15

that grows and erodes your relationship

13:18

There are so many lost opportunities for

13:20

intimacy that won't grow So again if you

13:23

have children they won't experience the

13:24

fullness of bonding in the family

13:26

connection The cost is that they won't



13:28

even know it's possible later in life

13:30

and you continue to cycle in this

13:32

relationship watching it degrade around

13:34

you wondering how long this can possibly

13:36

go on for your children Again the pain

13:40

the struggle the turmoil they witness in

13:41

the family system will likely turn your

13:44

children anxious and approval seeking to

13:46

get help because they don't feel safe or

13:48

turn them avoidant for just having no

13:50

idea how to navigate intimate

13:52

relationships with others And they don't

13:53

want any part of this system So they

13:55

simply stay away from systems they

13:58

perceive to be chaos which means

14:00

intimate connections This in turn often

14:03

divides families so that children are

14:05

not comfortable in their parents'

14:06

presence and they have less and less

14:08

time with them as they get older They

14:10

put more and more distance between you

14:13

Not writing this problem now and

14:15

stopping this painful cycle is setting

14:17

children up for a lifetime of attachment

14:19

issues themselves And over time for the

14:22

two of you repeatedly letting this

14:24

behavior go teaches both of you to see

14:26

each other as a threat That makes

14:28

automatic connection impossible to

14:30

reestablish because you're both stuck in

14:32

a cortisol fueled cycle of stress The

14:35

cortisol association here of you are not

14:38

my ally you make things worse is what

14:41

divides you completely You you can't see

14:45

it this way You can't build this kind of

14:47

relationship and then have a loving

14:50

intimate bond There's actually a very

14:52

specific biological cycle that goes on

14:54

in this feedback that's unconsciously

14:56

reinforcing your behaviors Now on the

14:58

anxious side that's what his brain's

15:00

doing On your side every time he

15:01

withdraws and returns your brain

15:03

receives an unpredictable reward that

15:06

triggers a huge surge of oxytocin and

15:08

dopamine creating the same neurochemical

15:10

pattern seen in addiction This

15:12

intermittent reinforcement is actually

### **Neurological Addiction in Toxic Relationships**

15:14

more powerful than a consistent reward

15:16

which makes the pushpull dynamic

15:18

neurologically addictive for both of you

15:21

Your anxiety during his silence causes

15:23

cortisol spikes that prime your nervous

15:25

system to overreact to small cues which

15:28

makes you hyper sensitive to his next

15:29

withdrawal And his return after

15:31

withdrawal again activates your brain's

15:33

reward center so intensely that it can

15:36

override the rational assessment of

15:38

whether the relationship is actually

15:39

meeting your needs Over time this cycle

15:42

creates actual neurological pathways in

15:44

both partners' brains making the pattern

15:47

increasingly automatic and difficult to

15:49

break without conscious intervention Now

15:51

the stress hormones released during

15:53

these cycles eventually damage both

15:54

partners' immune systems fertility

15:56

systems hormone systems sleep systems

15:59

and your emotional regulation

16:01

capabilities That explains why these

16:03

relationships often feel physically and

16:05

emotionally exhausting to you From this

16:07

explanation I hope you can understand

16:08

his silence and withdrawal is not

16:10

personal Okay the withdrawal is from

16:13

stress not from you His nervous system

16:16

is tied in with avoidant behavior and

16:18

the cortisol and testosterone affect

16:20

male communication during stress and the

16:22

logical brain goes offline Recognizing

16:24

these biological patterns is the first

16:26

step toward transforming your

16:27

relationship While we continue exploring

16:30

solutions in this video so keep watching

16:33

many women tell me they need more

16:34

immediate in-depth guidance how how to

16:36

break these painful silence cycles

16:38

That's why I'm offering a limited time

16:40

opportunity to get my how to love an

16:42

avoidant man course at 40% off This

16:45

comprehensive program gives you the

16:47

exact scripts strategies and

16:48

step-by-step guidance to create deeper

16:51

connection with your avoidant partner

16:52

even when he withdraws My new marriage

16:55

course launches in June but this flash

16:57

sale now ensures you can start working

16:59

on your relationship today Visit

17:02

[adamlaneith.com](http://adamlaneith.com) or click the link below

17:04

to access this special offer Now that

17:06

you understand the biology driving both

17:08

of your behaviors let's examine why the

17:10

very reactions that feel most natural to

17:12

you in these moments are precisely what

17:15

deepens this painful cycle Your

17:17

intuitive responses while completely

17:19

understandable are unintentionally

17:21

feeding the very dynamic that you're

17:23

trying to break Here are some common

17:24

mistakes that actually deepen a man's

17:26

silence Demanding immediate responses

17:29

while he's overloaded Emotional

17:31

escalation Try to break through again

### **Understanding Avoidance in Relationships**

17:33

while he's already overloaded Accusatory



17:36

questions and statements that make him

17:37

feel like you're blaming him when he's

17:39

already overloaded Threatening

17:41

consequences for his silence when the

17:43

silence is to prevent damage and stop

17:45

fighting The impact of these approaches

17:48

on the avoidance nervous system creates

17:50

massive pressure which triggers more

17:52

withdrawal and more

17:55

silence Don't do these things These are

17:57

the worst possible reactions you can

17:59

have But they will spring naturally from

18:01

your own nervous system So understand

18:03

them calm them don't do them Now when he

18:06

goes silent and the woman says just talk

18:09

to me what he hears is an overwhelming

18:11

demand for stimulation He's not hearing

18:13

a bid for connection And it sounds to

18:15

him is give me attention or get up and

18:17

fight me like a man When she says "You

18:20

don't care about me." And he goes silent

18:23

what he's thinking is "She has zero

18:25

appreciation or respect for me

18:26

whatsoever She just wants to feel good

18:29

all the time and that's not something

18:31

I'll be able to

18:32

provide." When she says "I just want you

18:35

to be vulnerable with me," his thinking

18:37

is "You want me to lose my selfrespect

18:40

by sharing the weak parts of me that

18:42

nobody could ever accept." and it's

18:44

pointless because I'm just going to feel

18:46

terrible and you'll just leave me anyway

18:48

so I'm just going to stay silent When

18:51

she says "You always do this and you're

18:53

just stonewalling me." When he's

18:55

actually in vagal dorsal shutdown he

18:57

thinks she doesn't even care that I'm

19:00

feeling awful right now I can't get

19:02

peace or relax when I'm around her and

19:04

she just continues to yell at me I can't

19:06

even continue this It's unacceptable

19:08

behavior Armed with this understanding

19:10

of what doesn't work let's now turn back

19:12

to practical solutions that can

19:13

transform this pattern completely Using

19:16

these strategies when your avoidant man

19:18

goes silent will create the exact

19:19

conditions his nervous system needs to

19:21

connect with you First you need to know

19:23

how to recognize when his system is

19:25

overloaded so you can relieve the

19:26

pressure Watch for his shutdown signals

19:29

physical tells like a tight tightened

19:30

jaw shallow breathing breaking eye

19:33

contact looking at you like this from

19:35

one eye or suddenly becoming very still

19:38

or short one-word answers These appear

19:41

before full withdrawal and they indicate

19:43

his nervous system is approaching

19:44

overwhelm Also notice timing patterns

19:46

Avoidant men typically withdraw after

19:48

emotional intimacy after relationship

19:51

milestones or when they're facing

19:52

multiple stressors work pressure plus

### **Recognizing Communication Shifts in Relationships**

19:54

relationship discussions combined on top

19:56

of each other Pay attention to

19:58

communication shifts when he starts

20:00

speaking in much shorter sentences

20:02

giving delayed responses or switching to

20:05

logical practical topics during

20:07

emotional conversations This means his

20:09

system is signaling it's reaching its

20:11

capacity The signs that distinguish

20:14

temporary withdrawal from serious

20:16

problems specific cues and signal

20:18

overload versus disinterest are also

20:19

very interesting Look for pattern

20:21

changes without recovery Temporary

20:24

withdrawal follows predictable cycles

20:26

with reconnection while serious

20:28

disinterest shows increasingly longer

20:30

absences with minimal effort to

20:32

reconnect afterward Emotional flatness

20:36

during good times is also a bad sign If

20:38

he remains emotionally unavailable even

20:40

during positive interactions and happy

20:42

occasions not just during conflict that

20:45

signals much deeper disconnection Make

20:47

sure you're on the lookout for

20:48

consistent deflection of future plans

20:51

Temporary withdrawal doesn't prevent him

20:53

from committing to future events but

20:55

serious disinterest is marked by

20:57

persistent vagueness about upcoming

20:59

plans and reluctance to discuss any

21:01

future

21:02

together Reducing the perceived pressure

21:04

is the key to reconnection It works

21:06

because it directly addresses his

21:08

attachment systems fear response rather

21:10

than triggering it further So when you

21:12

create space instead of pursuing you

21:15

interrupt the biological fight-or-flight

21:17

reaction that drives his withdrawal in

21:18

the first place This counterintuitive

21:21

approach allows his nervous system to

21:22

regulate and that creates the

21:24

psychological safety his brain requires

21:26

before emotional reconnection becomes

21:28

possible The easiest way to reduce

21:31

perceived pressure is to make sure you

21:32

are self-regulated before engaging so

21:34

that you can approach communication or

21:37

discussion around needs from a place of

21:39



calm Your dysregulation feeds his

21:42

dysregulation And conversely your calm

21:45

will make it easier for him to remain

21:47

calm There's a key distinction here

21:49

though that must be made You're not

21:50

lowering your standards You're not

21:52

releasing him from expectations You're

21:54

not catering to his avoidance by giving

21:56

up your desires You must not do those

21:57

things Rather you're approaching in a

22:00

calm manner and providing a friendly

22:02

social experience that also preserves

22:04

your healthy boundaries Your calm is the

22:07

number one thing he needs in order to

22:09

believe that you're going to be fair

22:10

with him during this exchange Now that

22:13

you're going to be calm I want to give

### **Communication Tips for Reducing Relationship Pressure**

22:14

you examples of what to say that reduce

22:16

pressure for him while still maintaining

22:17

connection Here's just some examples of

22:20

things you could say Hey can I ask for

22:22

something simple a quick daily text or a

22:25

voice note in the evening really helps

22:26

me feel grounded And it doesn't have to

22:28

be long Just something like hey thinking

22:30

of you It keeps me calm and present and

22:33

I think it makes things more relaxed

22:34

between us without taking up your space

22:37

Or I've realized small things like

22:39

holding hands or sitting close help me

22:41

feel more connected Would you be okay

22:43

doing that a little bit more it settles

22:45

my nervous system and it helps me stay

22:47

relaxed which makes being around each

22:49

other feel a lot smoother Or I know

22:52

future talk isn't your thing but

22:54

checking in once a month about where

22:56

we're headed would help me feel so much

22:58

more secure It doesn't have to be deep

23:00

just enough to keep me from overthinking

23:02

which makes things easier for both of us

23:04

Or when we argue it really helps if we

23:07

stay in the talk for at least 15 minutes

23:09

before taking some space I don't need a

23:12

solution right away I just need to know

23:14

that you're still present That helps me

23:16

calm down faster and that makes conflict

23:18

less intense

23:20

overall Understanding his withdrawal

23:22

doesn't mean sacrificing your own

23:23

emotional needs as you just heard or

23:25

accepting less than you deserve Nothing

23:28

in there was okay I don't have needs

23:30

Fine do what you want We're trying to

23:32

create a balanced approach in your

23:33

relationship where both partners can

23:35

process their natural styles together

23:37

while maintaining connection and mutual

23:39

respect Now genuinely acknowledging his

23:41

capacity limits without resentment can

23:43

be tough But if you frame his need for

23:45

space as a processing difference in your

23:47

brain rather than character flaw or a

23:49

rejection of you it gets so much easier

23:52

That's what this whole video has been

23:53

about Recognize that his capacity limits

23:55

are about his nervous system not a

23:57

measurement of his feelings for you

23:59

There's a big difference between

24:00

enabling his avoidance and respecting

24:02

his processing differences I don't want

24:05

you to give up your needs or just say

24:06

"Okay I just won't get them met." And

24:08

you don't endlessly cater to him and

24:09

never speak when he leaves You make sure

24:12

that you are calm and regulated and you

24:14

ask him to do the same Enabling occurs

24:16

when you never address the pattern

24:18

Respect acknowledges the need while

24:21

establishing healthy reconnection and

24:23

expectations Respect means accepting

24:26

temporary withdrawals at times Enabling

24:29

means accepting permanent emotional

### **Building Trust and Connection in Relationships**

24:31

unavailability Now the key here is

24:33

whether he takes responsibility for

24:35

reconnecting after processing And if he

24:37

takes responsibility for learning to

24:39

regulate himself better so he doesn't

24:41

have to take those runaway moments

24:43

together By doing this you can build

24:45

trust through consistency and mutual

24:47

respect and you can process those

24:49

differences and that's fine That's the

24:51

basis of a healthy relationship

24:52

regardless of attachment differences

24:55

Your needs should still be getting met

24:57

too Just create your clear boundaries

24:59

from a calm kind place Then make sure

25:02

you're getting oxytocin from family and

25:04

friends so you're not hyperfixated on

25:06

him and have clear expectations around

25:09

reconnection Don't cater Build a

25:12

relationship that works for both of you

25:14

And finally you need a longer term

25:16

solution Here's how to create some

25:18

lasting change which requires addressing

25:20

the deeper patterns in the relationship

25:23

Let's explore how to build a secure

25:24

foundation that gradually reduces these

25:26

silent periods and strengthens your

25:28

connection over time That begins by

25:30

setting healthy boundaries things you

25:32

must be talking about Creating routines

25:34

around connection with clear

25:36

expectations for individual time in your

25:38



schedules and scheduled couple times

25:41

Establishing communication agreements

25:43

during calm periods about how you will

25:45

interact during conflicts and learning

25:46

those skills while you're calm Building

25:49

his emotional capacity gradually over

25:51

time so that he rewires his

25:53

understanding of how to relate to you

25:55

and not get overwhelmed because he

25:56

trusts you building a pathway back to

26:00

connection after the silence We call

26:02

this a reunification ritual Couples must

26:05

have these in place It's a repair

26:07

afterward It is a crucial aspect that

26:10

social mammals do You must have a clear

26:13

reunification ritual Otherwise you will

26:15

walk on eggshells forever both of you As

26:18

you begin to build resilience against

26:20

his patterns and calm yourself your

26:22

quality of life goes up This is not

26:24

about him being happy This is about you

26:25

being calm so that when he's

26:27

disregulated it doesn't spark you out of

26:29

control That means regulating yourself

26:32

Managing resentment or aggression

26:34

patterns in the relationship is crucial

26:36

If any hostility or resentment is

26:38

present you guys must resolve this It

26:39

will eat away at the heart of what

26:40

you're trying to build And then building

26:42

your own happiness and secure attachment

26:44

and inviting him to join you in that

26:47

This is a crucial step as well

### **Building a System to Protect Children in Relationships**

26:49

Finally setting up the right system

26:52

together as a couple to prevent damage

26:54

to children that are present while being

26:56

able to help him adjust and you adjust

26:58

and everybody works together to love and

27:00

bond and connect This is a whole system

27:03

framework you guys There are I could

27:06

talk for 10 or 15 hours about this Okay

27:09

i've done so on this channel for many

27:11

many many years Make sure you are

27:14

building the long-term systems in

27:15

addition to what I've taught you so far

27:17

here in this video Now I want to say

27:18

this It takes tremendous strength to

27:21

step back when every instinct is telling

27:22

you to pursue that silent partner and

27:25

just try harder to get him to open up

27:27

However I'll also say this Your

27:29

willingness to understand what's really

27:31

happening with your avoidant man shows

27:33

how much you love him and value your

27:35

relationship By responding to his

27:38

silence with understanding expectations

27:40

but understanding instead of fear and

27:42

panic you'll create the exact conditions

27:45

that help him build greater emotional

27:47

capacity over time

27:48

Loving an avoidant man is not without

27:50

its challenges But when you can

27:52

understand what he's going through and

27:53

respond in a way that makes sense to him

27:56

you pave the way for a deeply connected

27:58

relationship that respects both of your

28:00

needs desires and wants If you want to

28:03

master the exact techniques that open up

28:05

communication connection and intimacy

28:08

with an avoidant man I have a new

28:10

marriage course launching in June This

28:12

new course is going to show you how to

28:14

build the most incredible romantic bond

28:16

with your partner that will last a

28:18

lifetime But I know that a lot of you

28:20

are struggling right now and you don't

28:22

want to wait for that course to launch

28:23

before taking action because you're

28:25

worried that maybe your love will slip

28:27

away in the meantime So to help you out

28:29

before that course launches I'm putting

28:31

my How to Love an Avoidant Man course on

28:34

sale at 40% off I'm doing this to make

28:37

sure you have access to a resource that

28:39

can definitely help you build an amazing

28:41

relationship while you wait for the

28:43

master course that will redefine

28:45

marriage to launch The link to that

28:46

flash sale on the course is in the

28:48

description below or you can visit

28:50

adamlainsmith.com to gain access to the

28:53

reduced price This course has helped

28:55

thousands of women build long-term

28:57

loving relationships with their avoidant

28:59

partner And I know this course can help

29:01

you too If this video was helpful please

29:03

like comment subscribe and share it with

29:06

somebody who needs to hear this

29:08

information today

English (auto-generated)

**[What is Avoidant Attachment Style?](#)**

[Adam Lane Smith](#)