

emotional bonding in anxious avoidant relationships is one of the hardest to navigate the anxious person pulls closer

0:07

because they're desperate for connection and the avoidant person pulls away suffocated by too much connection going

0:14

too fast for them this is because the avoidant partner's brain is wired to resist exactly the thing that an anxious

0:21

person needs most emotionally intimate connection if you're an anxious woman dating an

0:27

avoidant man you might worry that your relationship is doomed because nothing

0:33

you do seems to work to establish the bond you crave but did you know that

0:38

your avoidant partner's oxytocin receptors are blocked the very hormone responsible for

0:46

bonding and connection is being chemically suppressed in their body and their brain the confounding variable in

0:52

this equation is not you like your anxious attachment style will tell you it is it's not even really them the

1:00

problem is your relationship is running on the wrong fuel i'm Adam Lane Smith the attachment specialist and today I'm

1:06

revealing the five scientifically backed secrets to creating genuine connection

1:12

with an avoidant partner even when their biology is fighting against it and it will at first if you're stuck in that

1:20

painful cycle where you feel intensely connected while your partner seems emotionally distant
you're experiencing

1:26

the classic anxious and avoidant trap the cycle isn't just emotional and you

1:32

need to really really understand that the cycle is neurochemical first as a

1:37

psychotherapist specializing in attachment and trauma and now as a relationship coach helping
people all

1:43

over the world to repair their relationships i have helped thousands of people break this cycle today
I'm

1:49

sharing five powerful strategies that create real lasting bonds by working with both of your biology
not working

1:57

against it so let's look at the science first so that you understand exactly what's happening beneath
the surface

2:03

before I show you how to fix it here's the science of secure attachment now in secure relationships
oxytocin bonding

2:10

follows a natural progression when two securely attached people come together they spend the
first 2 to 3 months in

2:17

deeper and deeper conversation and as they grow to trust and respect each other through
consistent sharing and

2:24

verifying what's shared between them their systems are building an oxytocin bond that's the
hormone responsible for

2:31

affection and a desire for closeness among other things this process also releases significant levels of serotonin

2:38

into their brains creating long-term satisfaction and contentment plus elevated mood especially associating

2:46

that warm feeling with that other person they also receive healthy dopamine hits every so often every time that they take

2:52

another step closer and that rewards the connection and floods their system with feel-good chemicals as oxytocin builds

3:00

it triggers GABA release which suppresses cortisol your stress hormone this is why being with the right person

3:06

literally feels calming to your nervous system you enter your parasympathetic

3:12

state where real connection flourishes because you're producing serotonin at much higher levels typically in healthy

3:18

relationships secure men tend to fall in love faster while secure women develop

3:24

connection more gradually why well it's because women are biologically

3:30

predisposed to seek stability and consistency which takes longer to verify

3:35

they're also seeking a partner who's going to help them cocreate a life that aligns with their personal values when I

3:42

work with couples I tell them that women aren't actually committing to the man in the relationship they're committing to

3:49

his vision and purpose which aligns with hers women commit to vision and then

3:54

devote themselves to the man who embodies it so that they can cocreate

3:59

that vision together this does not mean that women don't love men but healthy

The Oxytocin Bond in Relationships

4:05

and secure women prioritize their larger vision especially the well-being of the

4:11

family that they're creating the man is not their purpose in life if that makes

4:17

sense now over time this oxytocin bond the couple has built together grows richer and fuller and more consistent

4:25

it's not the intense roller coaster from the beginning but a steady and predictable flow of neurological safety

4:33

signals and this keeps you content fulfilled and healthy and when

4:39

challenges arise as life throws curve balls at the couple it certainly does vasopressin is released as they solve

4:46

problems together which then triggers even more oxytocin as the couple reunites in passion after resolving

4:52

problems as a team creating what I call multiple honeymoons throughout your

4:57

relationship this is why secure couples can maintain passion for decades in

5:02

repeated cycles defying the stereotype of marriage as a passionless experience

5:08

this is also why secure couples don't experience the same intense temptations for infidelity or loneliness from

5:14

emotional disconnection as anxious avoidant pairs do but here is where it

5:20

all falls apart in the anxious and avoidant pairings avoidant people operate primarily in their sympathetic

5:26

nervous system the fight or flight mode this blocks their oxytocin receptors by

5:31

nature because their system is flooded with cortisol this is an inappropriate time to get sentimental and affectionate

5:37

because they're constantly trying to survive it's a safety mechanism it turns on automatically they can't chemically

5:44

bond the same way that secure people do due to chronic stress and hyperindependence instead they connect

5:51

and I hesitate to say that loosely but they connect through dopamine association the same neurotransmitter

5:57

that's triggered for good food or gambling I call this the cheeseburger effect they don't tend to fall deeply in

6:04

love with a person their brain tags that person as a positive feeling in their

6:09

life and then keeps returning for short-term satisfaction they enjoy you

6:15

but they don't bond with you there's a dopamine association that keeps him coming back but dopamine is not the

6:22

proper bonding hormone they might even have multiple dopamine associations with

6:27

various casual partners and go back and forth between them based on convenience which makes it tough to pin them down

6:33

into a committed relationship where they feel there's no benefit to them as monogamy in particular requires oxytocin

6:41

for it to be satisfying and fulfilling now I want to be clear this this does

6:46

not mean people with avoidant tendencies are sociopaths it does not mean they're all out to use and hurt other people

6:52

generally their understanding of relationships is we get together we respect each other's dignity we exchange

6:57

dopamine back and forth until it burns out and then we go our separate ways that's most ethically avoidant people

7:04

that's what they're looking to do more manipulatively avoidant people yes they're looking to get dopamine use

7:09

sometimes at other people's expense and sliding off that scale towards sociopathic tendencies is possible but

7:16

the majority of avoidant people you're going to work with in relationships like this who will actually get into some

7:21

kind of relationship with you not likely to be toward that end of the spectrum instead they're here to give and receive

7:27

good feelings back and forth till the well dries up then you move on to the next well that's usually how they tend

7:33

to view relationships which is why the idea of deep intimate monogous lifelong partnering sounds confusing to them

7:40

because it sounds like it's impossible to do now meanwhile anxious people are desperately chasing that oxytocin bond

7:47

while getting hooked on the dopamine hits from something called intermittent reinforcement that's the unpredictable

7:52

nature of their partner's attention they fall desperately in love from the dopamine reinforcement and the oxytocin

Understanding the Anxious-Avoidant Relationship Cycle

7:59

bonding they're doing but they end up mistaking the dopamine-driven intermittent reinforcement for a

8:04

soulmate connection we were meant to be together over time the anxious partner

8:10

becomes obsessed with getting those hits craves more closeness and sets off the

8:16

avoidant partner's defenses by pushing closer and intruding usually at the time when the avoidant partner's novelty

8:22

dopamine is falling off a cliff and the receptors are burning out and the well is going dry another partner comes

8:28

toward them and says "I need so much more i am ready to get married i'm ready to have children i'm ready to live my

8:35

life with you." And the avoidant person says, "I have never been more less attracted to you i I like I it's gone

8:42

for me and they're pulling away." That's what pushes the avoidant person away as well their amygdala respon response in

8:48

their brain says "This much closeness is dangerous people can hurt me when they're in this close and especially if

8:55

our desires are mismatched they might try to take from me something that I'm not willing or can't give them and

9:01

that's dangerous." So they begin to pull back as well now usually this pattern remains subtle for the first few months

9:08

and everything's acceptable because they're both still getting their chemical fixes but around that 5 to

9:14

seven month mark the novelty dopamine falls off a cliff for the avoidant partner and they think I I don't feel

9:20

much of anything anymore but the anxious person says I've never been more in love let's get married and have children

9:27

together and this is where the relationship really starts to deteriorate and eventually fall apart

9:32

now the different bonding mechanisms between the anxious and avoidant partners creates painful pushpull

9:38

dynamic where one person is always chasing while the other's always retreating this is I feel unsafe in this

9:46

relationship the avoidant person won't say unsafe i don't feel like I'm going to get my needs met and your increasing

9:52

needs are terrifying to me eventually this is a disaster i'm going to back away also I'm stressed out and don't

9:59

know how to manage that and I don't know what to do about you so I'm backing off and the avoid the anxious person says

10:05

"Oh no i'm being abandoned again like I felt abandoned as a child it's true i'm

10:11

not worthy of love please please please don't confirm that terror i promise I'll

10:16

be good." And they rush toward the avoidant person who then says "Oh no someone's coming to smother me with

10:22

their emotions again just like in childhood i'm out of here." And they start taking off then the anxious person

10:27

freaks out again and it's this endless cycle till eventually the anxious person collapses they're crying they're

10:33

exhausted they're miserable the avoidant person slowly comes down in cortisol and then comes back then they pretend

10:38

nothing happened usually and then they just kind of try to go on and on and on

10:44

i'm going to be clear this cycle is painful for both parties ethical avoidance especially do not want to hurt

10:50

people and the nurturing anxious attachment style don't understand what they're doing that's that's driving this

10:56

perceived abandonment neither side is bad neither side is awful neither side is particularly manipulative although

11:03

some of these tactics kind of cut cut close to the line but it's not intentional or malicious or

11:10

unkind this is the process where most people feel stuck and it can seem hopeless at times but I want you to know

11:17

right now as you're watching this there is a proven solution that works this

11:22

dynamic can work when you both know how to unblock the oxytocin receptors for the avoidant partner to start bonding

11:28

them effectively with you this also allows them to feel fulfillment and connection for the first time in their

Understanding Oxytocin Bonding in Avoidant Relationships

11:35

life which gives them the taste of peace that they've always been seeking avoidant people are looking for peace

11:42

like I said they won't say safety peace they can rest their nervous system in

11:48

the presence of their partner and finally feel at ease which is truly what they've actually been seeking in their

11:53

life and it all starts with proper oxytocin bonding so it's time to learn

11:58

how to make oxytocin bonding work for you i want to take a moment to invite you to

12:04

my attachment immersion retreat the first week of May up in Veil Colorado where I'm going to be training and

12:10

teaching and then practicing attachment skills relationship skills and all the

12:15

communication skills you need to build an incredible relationship if you want to learn more about this and join me

12:21

please check out my website adamlaneith.com there's a retreat link right on there so here in this video

12:27

right now I'm going to show you the five secrets to creating genuine oxytocin

12:33

bonding in an anxious and avoidant relationship secret number one create a

12:39

peaceful emotional environment since oxytocin receptors are blocked when the sympathetic nervous system is activated

12:46

your first priority is creating calm for the avoidant partner who's often men and

12:52

all of this process will work for avoidant women as well i want to make that clear a lot of you guys in the comment section ask that they don't

12:59

necessarily want safety that word might make them uncomfortable their world is

13:05

unsafe nothing is safe what they want is

13:10

peace what they need is an environment where a couple things happen everybody

13:15

is self-regulated their emotions are calm so you can come together and

13:21

co-regulate and even vasoprelin bond by solving problems together in peace the

13:28

research shows that about 70% of a healthy securely attached adult system

13:33

should be self-regulated about 70% of your own mood and your own control over your

13:39

emotions is you alone you solving your emotional challenges that means lifestyle changes
adequate sleep

13:46

adequate nutrition making sure you're getting your serotonin activities and your active your your
outdoor activity

13:52

sunlight it also means using physical techniques to try to calm your body if you are stressed out
building a

13:58

lifestyle conducive to better health and better mental health building your own self-resilience 70%
okay there's a 30%

14:07

co-regulation as social mammals that we're supposed to be doing with others you can see this
exhibited in animals

14:12

when they're grooming each other playing with each other comforting each other snuggling with
each other the things

14:18

that social mammals do mice chimps wolves what they do to co-regulate by

14:25

interacting it's about 30% okay the research shows that a partner is probably about 10 to 15% of
that 10% on

14:33

a given week about 15% on a tougher week and friends and family should be about

14:39

20% probably of that on a given week and about 15% probably step down a little bit as the partner focuses in on the

14:46

difficult weeks so 15 to 20% for family and friends that's your whole network system so your family friend network

14:52

will co-regulate with you in a in a larger bulk than your partner but your partner might be giving you concentrated

14:57

bursts of co-regulation 70 15 even if you want to just take that

15:04

approach that would work okay when you're self-regulated your conversations don't

15:10

escalate into agitation or panic or anger you can walk in calm and steady

15:16

then the avoidant partner can relax without a fear of emotional ambush or of conversations going disastrously wrong

15:24

remember that avoidant people are not used to solving problems with other people they're used to having to pull away solve problems around other people

15:30

then come back and pretend nothing happened but the problem is solved and that means they don't get vasopressin

Importance of Vasopressin and Oxytocin in Relationship Bonding

15:35

bonding either which their brain is primed for even more than it's primed for oxytocin bonding it's primed for

15:41

vasopressin bonding instead for anxious partners often the women they need the

15:46

opposite they need safety genuine safety this means consistency in communication

15:53

predictable responses and emotional availability without harsh boundaries

15:59

that prevent them from getting that reassurance and that co-regulation that they need okay they need that connection

16:05

back and forth notice that both of those actually are fairly similar it's because what creates safety usually also creates

16:11

peace it's just that the two are looking to regulate a little bit differently that's all but the same environment will

16:17

bring safety and peace for both partners here's a practical tip to keep in mind

16:23

create a dedicated peace protocol in your relationship this could be a verbally explicit arrangement where you

16:30

both agree to only have calm regulated conversations especially about important

16:35

topics there will be no fighting no accusations just calm connection and

16:42

each of you must be actively engaging in proactive individual behavior patterns that foster neurological regulation for

16:49

each of you both of you take and take take full accountability for your 70%

16:54

self-regulating no engaging in any relationship discussions or even date nights without peace and calm 70% okay

17:03

yes you can seek co-regulation and comfort at times when you most need it when you're hurting you can ask for some

17:10

help but you must build your capacity to manage your emotional reactions to create a peaceful resting place for both

17:17

of you when you're together this relationship must prioritize peace and safety for everything that comes next to

17:24

work and if it feels impossible for you to self-regulate your stress anxiety and responses you need to get immediate

17:30

professional assistance to get that under control your relationship is threatened by that lack of

17:36

self-regulation it's not your fault you're not bad but you never learn to self-regulate appropriately and you must

17:42

immediately for your own quality of life your relationship is threatened but your quality of life is far far lower than it

17:49

needs to be on a daily basis ongoing suffering is not something that you should waste your time dealing with when

17:55

there are so many effective tools and strategies to buffer you against your own emotional

18:01

turbulence get your emotions under control improve your own life and yes

18:07

guard your relationship now secret number two increase physical closeness

18:13

through nonsexual touch this is so important and so often overlooked in

18:19

these couples many anxious partners try to connect through explicitly sexual touch thinking it will create bonding

18:25

but that instead is a dopamine hit for avoidant partners it does not create the bonding experience that you think it

18:32

will but nonsexual physical touch is a whole other story and it works

18:37

incredibly well with most avoidant people men and women because for avoidant people and yes especially men

18:44

nonsexual physical touch is often their primary love language things like scalp

18:50

massages with your fingernails even back scratches shoulder rubs handholding

18:56

simple hugs without any expectation avoidance they often reject

19:01

traditional bonding attempts because they feel too intense emotionally and romantically right we're not going to go

19:08

to dinner at an Italian restaurant hold hands and cry for an hour that seems to be insane and stupid so no thank you

19:14

right this physical approach nonsexual physical approach works without pressure

19:20

because this type of touch releases serotonin and then helps them exit their sympathetic nervous system especially if

19:27

you've created that safe calm environment for them for a while which can then allow their oxytocin receptors

Building Connections with Nonsexual Touch

19:32

to open up they begin to relax and feel at peace with you and then the physical touch the massage the scratchies all of

19:40

those things begins to pump them full of oxytocin for anxious partners this approach in

19:47

particular also creates the physical connection they crave without the fear of rejection that often comes with

19:52

sexual advances you also don't need to feel like you're trading sex for connection which often makes a lot of

19:59

anxious partners especially women feel ashamed or guilty i'm just having sex to

20:04

make sure that they love me i just need to feel loved quite often enjoy the

20:10

benefits of the physical touch without the guilt do it this way and give it a try as a practical tip establish a daily

20:17

10-minute nonsexual touch ritual this could be as simple as sitting together with your hand on their arm while

20:23

watching TV or rubbing your partner's shoulders every night after work to ease their muscle knots you can even take

20:29

turns back and forth caring for each other this way rub each other's shoulders a process that's sometimes

20:35

called mate maintenance or mutual grooming you've seen chimps sit and pick

20:40

bugs off each other and eat them you've seen animals lick each other's ears and clean them humans should actually do the

20:47

same thing maybe not licking the ears but massaging your shoulders as you're watching a show and talking about your

20:53

day right give each other mutual nonsexual comforting touch in a calm

21:00

environment where everybody has agreed to stay calm and self-regulated this is enormous bonding opportunity right here

21:07

care for each other physically and watch your bond intensify pretty fast now secret number three develop precise

21:15

measurable communication anxious partners are usually quite adept at describing their emotional responses

21:22

using highly emotional language it's a great skill to have and it's one that avoidant people don't usually have they

21:29

have a hard time expressing emotional matters but these expressions are largely lost on avoidant people who

21:36

spend all their time dissociating from their own emotions avoidance shut down when confronted with vague emotional

21:43

expressions that to them makes no sense at all so that highlevel emotional communication skill works against

21:50

anxiously attached partners when the other person doesn't speak that language you might

21:56

speak Swahili amazingly well you might be the top speaker on the entire planet

22:02

earth but if you are trying to speak to somebody who is purely from America and

22:08

only speaks English your entire skill set is lost on them and if you can't

22:14

speaking adequate English to communicate with them guess what you're not going to have a conversation I don't care if

22:20

you've won awards for speaking incredible Swahili you are never going to communicate appropriately with that

22:26

English speaker until you learn English or they learn your language now if you already speak some of their language

22:32

it's quicker for you to finish that up and and grow in that skill set and if they think there's no value in learning

22:38

your language yet because they don't understand emotional matters at all it's going to be hard to convince them to pick up a brand new language just for

22:46

somebody that they're slowly not sure if they should connect with avoidance in

22:51

fact it's worse than that they shut down when they're connected when they're confronted with that language it

22:57

makes no sense and usually the only time they heard it was in childhood when someone weaponized it against them when

23:03

they hear emotional language they start looking for the attack and the accusation that's coming and how you're

23:09

going to hurt them because that's what somebody did in their childhood emotional language makes them deeply

23:14

uncomfortable confused sometimes even physically repulsed where their desire for you begins to turn off instead they

Effective Communication in Relationships with Avoidant Partners

23:22

understand clear precise communication which calms them because it's understood and measurable they know exactly what's

23:28

being talked about asked for and everything is so clear to them it is crucial for the anxious partner to begin

23:35

speaking in measurable exact language to help them understand what they're saying for example instead of saying "We don't

23:41

spend time together anymore and it's breaking my heart." To most people that makes sense

23:48

to an avoidant person they're going to say "What do you mean we spent like five minutes together yesterday picking out

23:53

shoes or what do you mean like I asked you what you want for dinner on Door Dash i I was spending time together what do you I don't understand what you're

23:59

trying to tell me we we spent together this evening you were playing your video game and I was watching this movie on my phone we spent time together what do you

24:06

mean it's breaking your heart i I don't understand are you Are you stressed are you not like getting a fix do you need

24:12

stimulation like what is it why Why am I your only source of entertainment?" You're probably listening to this saying

24:18

"Oh my gosh Adam just described my last three conversations with my boyfriend." Th this is why they don't understand

24:24

that language remember oxytocin gone they don't know what it's like to have somebody break their heart usually

24:30

sometimes they do but not usually instead clear measurable language here's what it sounds like i've noticed we've

24:37

spent less than 30 minutes talking this week about important things and that has

24:42

left me feeling pretty lonely i'm definitely not at my best when I'm fighting that loneliness could we

24:47

schedule an hour tomorrow night just for us to reconnect then you don't get the What do

24:53

you mean we spent five minutes on Door Dash picking dinner what do you mean you were in I I was sitting near you as you

25:00

did your activities oh we've spent less than 30 minutes talking about things this week that were kind of serious or

25:05

important well yeah I guess that's true i mean we were only on Door Dash and you were watching a video so or you were playing a video game and I was watching

25:11

a movie yeah I guess that's true and that you're feeling lonely okay well I can understand loneliness and you're not

25:16

at your best when you're fighting loneliness that's that's that's fair that's fair i'm glad you could own that but but yeah no I understand um Okay and

25:23

you want to schedule an hour tomorrow night just for us well yeah I can do that i can slot it in at 7:00 how's that

25:29

sound or hey tomorrow night all that's fair tomorrow night's not right for me but it sounds like this is a priority

25:35

need so how about the next night I can do two hours together we'll grab a whole movie blanket popcorn everything sound

25:41

good that's how they can respond measurably because they understand what's being asked it's also notice not

25:47

an accusation or an attack we never spend time it's wounding me you've

25:52

damaged me notice it's not happening using this measurable precise language it aligns perfectly with how an

26:00

avoidant person's brain works and helps to continue that peaceful emotional environment that you're building

26:05

together remember this is stacking okay peaceful relaxed environment

26:11

nonsexual physical touch opening up oxytocin receptors and getting some serotonin bonding going and now

26:17

measurable language notice I also included why that request was urgent your functioning is decreased because of

26:24

this but it's not their fault and you're not attacking them it's just that your functioning is going down ethical

26:30

avoidant partners do usually care about your well-being and they usually do want to help they just don't equate emotions

26:36

themselves to well-being like okay you're having a feeling that's fine i feel utterly terrified every single day

26:42

of my life and I'm always stressed out and I'm always lonely and I always have been and I'm always in chronic pain so I

Understanding Emotional Dissociation and Language in Relationships

26:48

dissociate from it so I'll never feel anything ever again what do you want from me like oh no you were lonely for a day sorry I've been lonely for 35 years

26:56

like that that's that's what's going on sometimes inside their brain so the emotion makes no sense hey I've noticed

27:03

I'm becoming lonely and that's decreasing my functioning and I want to be able to give you my best oh shoot i

27:09

can't argue with that i would also like to have your best if you're telling me that your productivity and your emotional connection is tied together

27:16

then cool let's just beef that up helping him understand him or her really the anxious the avoidant partner

27:22

understand the impact on your productivity makes you more relatable to them and it gives them a tangible reason

27:28

the feeling needs to be addressed now for the anxious partners out there okay I can hear you why should I have to

27:34

learn this language why should I have to talk like this why should I cater to their needs i I hear that a lot in the

27:39

comment section not all of you but a lot learning this communication style helps you actually get your needs met because

27:45

communicating them does not trigger your partner's withdrawal you're also going to get your needs met as you make them

27:51

clearer and the outcomes will improve for you as you get the seven hours a week of romantic couple time that you

27:57

need to feel fulfilled and productive versus him give you 45 minutes on a Sunday because he thinks you're just

28:03

being clingy quality of life improves drastically for you and for everyone

28:09

when people use measurable exact language it's going to help you at work as well this clear exact measurable

28:15

language mandatory for professional relationships so much better in friendships so much better in

28:21

communicating between people yes you can use emotional language and at times it can help and the avoidant people usually

28:28

over time as they ease into this begin learning some emotional language to express their their experiences and then

28:33

understand you but the measurable language is mandatory everybody should learn it everyone should it's just that

28:40

avoidant people tend to overemphasize it because it's all they understand really you should have a combination of both

28:46

that you can swap back and forth between and eventually that's what both of you will have now as trust builds over time

28:52

yes the avoidant partner like I said will start to feel their emotions more often and they will begin trying to

28:58

articulate them to you in a guarded but opening up conversation process as this

29:03

happens they will gradually begin using more emotional language for new concepts

29:08

they're experiencing you can actually maybe guide them in that and supply the words as they're struggling to

29:14

articulate you can say "Maybe you're feeling this maybe you're thinking this maybe this is what's happening i know

29:20

when I have that feeling here's what it's like is that what's happening for you you can slowly teach them your side

29:26

of the emotional language and in this way vasopressin bonding teaching a skill but you'll also develop a blended

29:32

communication style that works both of you back and forth for the rest of your lives practical tip to implement this

29:39

write down any emotional statements you want to express then translate them slowly into measurable requests before

29:45

sharing them with your avoidant partner this helps prevent the issue of misunderstandings and it stops you from

29:51

having to translate on the spot when you're agitated and your left side brain diminishes in functioning and your

29:57

language centers in the back left side that lowers your language articulation skill that's part of the reason that a

30:03

lot of people have that challenge you can also go on chat GPT chat GPT i need

30:08

to tell my avoidant partner this in quotes but I need it to be in a clear

Using Chat GPT for Clear Communication

30:13

precise productive measurable phrasing can you give me this a lot of women

30:19

today are turning to chat GPT to translate what they're trying to say into clear exact measurable conversation

30:26

pieces that you can then text him or you can then read off to him or memorize and

30:32

speak back this is actually a very helpful tool think of chat GPT as an amazing translator that happens to work

30:38

in the same language back and forth emotional and measurable are just a little bit different it's just enough

30:43

different that it's really important you can use chat GPT for this purpose plan ahead though for these conversations be

30:50

calm again calm safe environment the good physical connection right clear measurable communication make best use

30:58

of that linguistic power and solve those problems secret number four balance

31:03

togetherness and independence okay predictability reduces stress for both

31:10

partners anxious partners need scheduled time and connection so that they don't

31:15

panic and worry when they'll be a priority or if they're being abandoned avoidant partners need scheduled

31:22

solitude so they don't feel trapped and they have time to recharge one of the most powerful things an anxiously

31:27

attached partner can do to co-regulate an avoidant partner's nervous system and one of the best things that we can do to

31:34

regulate an and reassure an anxious partner is to give them scheduled

31:40

together and scheduled alone time we have to prioritize this this means that

31:46

you will do a couple of things help the avoidant partner identify when they need to recharge schedule regular friend time

31:53

for them away from the relationship identify how much time you need together

31:59

and when work together to negotiate a balance that keeps both sides fully

32:05

charged and create a predictable pattern of together and a part-time with a clear

32:11

schedule you can fluctuate by the week as need to as you need to for work schedules but a clear predictable

32:17

pattern of when you're going to be together and when you're going to have separate time to breathe for anxious partners this creates security because

32:23

you know exactly when you're going to get connection time exactly when they're going to be responsive to you exactly

32:30

when you will be prioritized and you know that you are prioritized during that time for avoidant partners knowing

32:36

they have guaranteed space coming to recharge helps them fully engage during together time because they're not

32:42

constantly feeling that bleed effect on their energy level and wondering when I'm going to get my time to

32:49

breathe when let let me make this clear when everybody knows where they stand

32:54

and what's expected of them you are co-creating an environment of peace for the avoidant and safety for the anxious

33:00

partner this loops back to that first point of creating a peaceful environment this is an additional advanced step

33:06

using time time space and time is all crucial here this is the space where

33:13

oxytocin bonding can happen optimally because both partners are calm and

33:18

steady they're having their needs met in a way that makes sense to them and it serves their nervous systems practical

33:24

tip for doing this sit down and come up with a weekly schedule with clear together zones and independent zones

33:32

that you both agree to honor in precise measurable clear language have exact

33:39

understandable measurable targets for when you're together and when you're apart maybe he needs his guy nights on

33:44

Thursday nights you also should spend some time with friends or do do a solo activity maybe it's your video game

33:50

night or it's it's your time to go to dinner with your mom or or have coffee with your best friend and he's out with

33:56

his friends doing other activities whatever it might be you guys have those times separate or he has his time where

34:02

he's he's doing a hobby or taking a walk or meditating he has that time marked out in his calendar you also have exact

Enhancing Romantic Intimacy: Scheduled Focus Time

34:09

times you will definitely be focused in together no phones this is not phone

34:15

time and if you happen to have other times where you're hanging out or you live together and you're hanging out and

34:21

crashing on the couch cool but these are your focused couple dating moments where

34:26

you are really prioritizing that romantic intimacy and connection this is the difference deep romantic connection

34:34

moments independent moments and then a jumble in between of work life passing

34:39

in the hallway you know squeezing each other's butt having fun making jokes playing whatever it might be scheduled

34:45

focus time for the anxious scheduled focus time for the avoidant now secret

34:51

number five practice intentional reconnection

34:57

this is perhaps the most powerful secret of all when things go wrong and they will reconnection is essential it's how

35:05

you grow the bond even from a breach many anxious people make the mistake of thinking "Oh no I showed my insecurity

35:11

to them once now I have to be perfect forever and I can never slip up again

35:16

this creates a pressure cooker that eventually explodes instead when you make a mistake

35:22

or you experience a malfunction in the relationship or something goes wrong either one of you

35:27

really acknowledge it take ownership hey this this happened okay this took place

35:35

and especially taking ownership this bothered me this took place and it actually really bothered me and and

35:41

here's why here's why my behavior bothered me specifically okay taking ownership discuss what happened the

35:48

clear chain of events this is not an excuse for what happened but I want you to understand how it occurred so that we

35:53

can plug that gap okay you go in there and say "This is what happened this is how it led up to it." Cool understood

36:01

then you create a plan to do better next time you plug the gap that allowed it this is what I'm going to be doing going

36:07

forward and then actually implement that plan follow through this is the proper pathway of an apology

36:14

by the way this is calming to an anxious partner when the avoidant partner runs away they can come back and use this

36:20

process and say "Hey look I did that and and it wasn't appropriate it bothered me that I got I let myself get to that

36:26

point uh here's the chain of events here's where I should have said something about my needing some space and breathing here's where I didn't next

36:33

time I'm going to let you know in advance we're also going to stick to the schedule together and independent time because we missed that and I I let that

36:39

go here's what I'm going to do and then they actually follow through trust renewed okay same thing the anxious

36:45

person does i let my emotions get away from me that was very inappropriate here's where I let that go here's why my

36:50

my self-regulation dropped here's what I'm doing to improve that right now i'm going to be talking to these three people getting accountability boom okay

36:58

this shows the avoidant person that you honestly legitimately mean that you are going to be tracking yourself diligently

37:04

and changing this is shocking to them now this reconnection process not only builds oxytocin with vulnerability and

37:10

trust it also triggers vasopressin as you solve these problems together and that creates an even deeper bond again

37:18

this process loops back to the first secret because in the first secret you're creating a safe space and and and

37:25

a peaceful area this practice confirms that you're both operating within a safe

37:31

environment nobody is perfect i'm certainly not we all make mistakes we

37:36

all fall short we all have problems we're all consistently working on a new

37:42

challenge that's stopping us from being our best self it's lifelong but when a mistake happens you have to go through

37:49

this process own it be responsible and trustworthy and then you correct that mistake together this confirms that

Enhancing Relationships with Oxytocin Receptors and Co-Regulation

37:56

you're in a peaceful environment which then opens up the oxytocin receptors for the nonsexual physical touch and allows

38:02

for more measurable communication that's really specific and allows for even more couple's time and frankly probably less

38:09

craving for independent time not zero but less craving for it because they're actually starting to regulate with you

38:14

over time an avoidant person will actually accept more co-regulation usually starts off 99% self-regulating

38:20

1% co-regulating with dopamine with you is usually what they look for and over time their oxytocin receptors as they

38:27

open up shift and want more then they open back up to that full that full uh process of 7030 so understand that that

38:34

process can come but to get there you have to loop and loop and loop and loop through all five of these secrets pro

38:41

tip here you're going to need more than just your partner for this relationship to work hyperfixation on one person

38:47

creates an increased anxiety response in all social mammals as that oxytocin bond focuses on only that one source and you

38:54

will be hypervigilant you'll be nervous you'll be less likely to admit faults

38:59

because you're afraid of losing that one person it's also completely documented in scientific proof again and again and

39:06

again that the best way to alter your behavior is with external accountability that does not mean making your partner

39:13

police you all the time it means having accountability partners maybe a friend an aunt a cousin a sibling a parent even

39:20

uh a religious or spiritual leader of some kind a therapist a coach having other people that keep you accountable

39:26

so your partner can relax and not have to be on guard all the time make sure you've got several secure family and

39:32

friend connections outside of this romantic bond so you have less pressure on that connection that's like a bonus secret number six your life around you

39:39

is what's actually going to build you that safe fulfilling relationship this will give you the room you need to apologize calmly and admit fault it also

39:47

gives you other people who can help keep you accountable for implementing those changes to follow through on the plans

39:52

you make for improvement that removes a pressure from your partner but it also brings you a much higher quality of life

39:58

that you actually get to enjoy as you are continuously changing improving and growing and a lot of anxiously attached

40:04

people have a problem with self-respect this enhances your self-respect as you get to watch

40:10

yourself grow amazingly now these five secrets as they may seem

40:15

simple but they work together to create a profound neurobiological change in

40:20

both partners as you implement them consistently you'll notice subtle shifts at first perhaps your avoidant partner

40:27

lingers a little longer during a hug or initiates a conversation about their day without prompting these small moments

40:34

signal that oxytocin receptors are beginning to open and real bonding is taking place the beauty of this approach

40:41

is that it creates a constant reinforcement cycle as your avoidant partner experiences the calm pleasure of

40:47

secure connection they're naturally going to seek more of it that reinforces

40:52

the secure behaviors that strengthen your bond together this isn't about manipulating someone into acting

40:59

securely it's also not about the anxious partner having to stick their neck out and do endless catering catering

41:05

catering catering that they're hating that drains your life okay this is about creating conditions where secure

41:11

attachment can flourish naturally for both of you by doing these five things the anxious partner builds such

41:18

incredible high quality of life for themselves i don't want anyone in the comments to be complaining about how

41:24

this is endlessly catering to the other person or exhausting or why should I have to do all the work this is about

41:30

your life getting better now I want to be really really clear this is higher quality of life for

Securing Attachment in Relationships

41:36

you but if you don't fix this if you don't learn this

41:42

pattern this cycle will repeat the negative cycle in every relationship you

41:48

ever have so if you're an anxious partner watching this right now now is the time to build this

41:54

pattern everything I have told you here today is actually how to practice secure attachment i know the video title says

42:01

how to get your avoidant partner to bond with you this is practicing secure attachment it turns out that the secret

42:08

to building a relationship with an avoidantly attached partner who's ethically avoidant is to be securely

42:14

attached so doing this method is secure attachment you guys you ask me all the

42:20

time how do I get to secure attachment this don't miscategorize it as doing

42:26

the work for your partner that is that selfmartering mentality and it's it's resentment creeping up don't go in that

42:32

area some of you will please don't build this for you and the

42:38

avoidant partner will likely join you in it that's the secret so if you apply

42:43

these five secrets you will experience real lasting love even if you are in an

42:48

anxious avoidant relationship you can build the kind of relationship where you don't have to beg for attention if

42:54

you're anxious or where connection feels unnatural to you avoidant instead you'll

43:00

finally feel secure and at peace both of you that's because these five secrets

43:05

work by addressing the biological reality of anxious and avoidant relationships by creating a peaceful and

43:11

safe environment using appropriate physical touch communicating precisely balancing togetherness and independence

43:18

and practicing intentional reconnection you can rewire your connection patterns and build lasting happiness in your

43:24

relationships now I have helped thousands of couples transform their relationships using these exact

43:30

strategies and I know that they work secure attachment is not just a potential possibility out there with the

43:36

right knowledge guidance and tools secure attachment becomes inevitable no

43:41

matter what attachment issues you're currently struggling with i do know how challenging it can be to embrace new

43:47

strategies though and like I know how hard it can be to believe that things can be different when you're caught in

43:54

deeply ingrained attachment patterns that's why I would love for you to join me at my attachment immersion retreat on

44:01

May 1st to the 4th in Vale Colorado here you will have the opportunity to work directly with me to break free from the

44:08

destructive anxious avoidance cycles once and for all you don't have to continue struggling in this painful

44:14

pushpull cycle you're exhausted from constant misunderstandings the heartbreak of unmet needs and worry over

44:20

the fate of your relationship it does not have to be this way if you're finally ready to break free from the

44:26

attachment patterns that are keeping your relationship stuck then join me for five intensive days where I'll show you

44:33

how to end this dynamic for good so you can start on the path to real lasting change at the retreat I'll personally

44:40

guide you through the exact neurobiological reprogramming techniques that have helped thousands of couples

44:46

transform their anxious avoidant relationships into secure bonds you'll experience these oxytocin bonding

44:52

techniques in action with my direct guidance to ensure you're implementing them correctly and you will leave more

44:58

bonded than ever before spots are very limited due to the personalized nature of this hands-on experience and we're

45:04

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45:09

out how you can secure your place if this has been helpful please make sure you like comment subscribe and turn on

45:16

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