

hi i'm adam lane smith an attachment

0:02

specialist and today i want to talk to

0:04

you about how attachment changes your

0:07

identity by the end of this video you

0:09

should understand how your identity is

0:11

formed and how you can become someone

0:13

that you respect

0:15

today i want to talk to you first of all

0:17

about what identity is now our society

0:20

has changed our perspective of identity

0:22

quite a bit over the last couple of

0:23

decades

0:24

today our identity is fashioned by

0:27

innate

0:28

traits about ourselves things that we

0:30

are born with our skin color

0:33

whatever else whatever traits you might

0:35

want to think about those are what we

0:37

fashion an identity from we say i am

0:40

blank and we list the number of things

0:43

that we are that we identify as

0:46

we our identity is

0:48

built it's it's just assembled cobbled

0:50

together from various things that we

0:52

feel like

0:54

if we feel like a poet we feel like an

0:56

author we whatever we might feel like

0:59

innate traits like our skin color

1:02

maybe our relationship status that we

1:04

exist in i am a

1:07

son i am a father whatever that might be

1:10

these are things that you cobble

1:11

together to create an identity of who

1:14

you are

1:15

but it doesn't really define who you are

1:18

it's a snapshot of pieces of you

1:21

it's a profile

1:23

it's

1:24

it's not an identity and it's not the

1:26

identity that we have understood in our

1:28

society

1:29

and and all over the earth what humans

1:31

really call themselves

1:34

typically what people in a healthy

1:36

society call themselves is

1:38

my identity is drawn from my

1:42

accomplishments here are my

1:43

accomplishments

1:45

here are my choices i have made they

1:47

define themselves through the choices

1:48

that they make and the experiences they

1:50

have and what lessons they have pulled

1:52

from those

1:52

experiences and what they then go on to

1:55

do because of those lessons

1:58

one of the most stark things here in

1:59

america is to call yourself a survivor

2:02

of something

2:03

but that's your identity really what has

2:05

happened is someone has done something

2:07

to you or you have experienced a disease

2:10

and you just didn't die

2:12

now that's not to minimize the impact or

2:15

to diminish in any way the effort it

2:17

takes not to die sometimes

2:20

the cancer survivor though

2:23

that's not an identity

2:26

someone who goes out and advises other

2:28

people who've suffered with cancer now

2:30

that's an identity

2:32

that's a characteristic that's a dis

2:33

that's a distinguishing defining choice

2:38

older american generations and most

2:41

cultures on earth have defined

2:42

themselves through the choices they have

2:44

made

2:45

many times in spite of those bad things

2:47

that have happened the things that we

2:49

used to define ourselves now would have

2:51

been the criteria that would have led to

2:53

a stronger choice and made that choice

2:55

have stronger impact in the past you

2:57

would have overcome your identity today

3:00

to build a real identity in the past if

3:02

that makes sense

3:05

what we need to do

3:07

is figure out how we can shift back

3:10

to that style because

3:12

so many people build an identity but it

3:14

doesn't satisfy them and they don't

3:15

respect themselves for it who you are

3:18

should be a declaration it should make

3:20

you proud of yourself it should make you

3:23

proud of your accomplishments not in an

3:25

unhealthy way but

3:26

in a this is what i have done

3:29

your identity should be the story of

3:31

yourself

3:32

now if your story was simply i was born

3:35

and here i am with your innate

3:37

characteristics

3:38

or i was born and people did things to

3:41

me and here i am or i was born and had a

3:43

disease and here i am that's not a

3:45

compelling story and that's the reason

3:47

many people escape into entertainment

3:50

media and identify more with characters

3:52

and obsess over characters it's the

3:54

reason people obsess over politics

3:56

hoping someone else will solve their

3:58

problems for them it's the reason people

4:00

believe that they are not able to solve

4:03

their own problems or even make strong

4:05

choices in their own lives

4:07

these these are the reasons that we need

4:11

to focus on building our identity based

4:13



on our choices

4:14

so how do we do that we start building

4:17

our identity based on the principles

4:20

that we have

4:22

based on what true value we have in our

4:24

heart that we want to carry forward and

4:26

give to the lives of others the way we

4:28

want to reshape the world the way we

4:30

want to overcome

4:32

and redefine the problems that have held

4:34

us back these could come from innate

4:36

things you could be born um i'm thinking

4:39

of stories

4:40

inspiring stories of people born with no

4:42

arms so they they redefine themselves by

4:45

learning to use their feet and they

4:46

become magnificent painters

4:48

using their feet they hold the brush

4:49

with their toes i've seen fantastic

4:52

works from those people they are not

4:54

defined by what came for to them and

4:57

what happened to them at birth how they

4:59

were born they are defined by the works

5:01

they have done in spite of what was done

5:04

and that is a key difference americans

5:06

today stop on the first piece

5:09

of innate characteristics and what has

5:11

happened

5:12

we do not go on to what we have chosen

5:14

and that is a key reason a lot of people

5:16

hate themselves

5:17

a lot of people just don't like

5:19

themselves don't respect themselves are

5:21

embarrassed have social anxiety to

5:23

summon to some extent social anxiety is

5:25

built on feeling like you have no

5:27

character and no accomplishments who

5:29

would want to hear from me

5:33

that's also a piece of the reason that

5:34

we have so many identity politics and

5:37

tension in the identity today we have to

5:39

define ourselves by innate

5:41

characteristics because we feel we have

5:43

nothing else

5:46

now that's not to say that identities

5:47

are bad it's not to say that innate

5:49

characteristics are bad please don't

5:51

take that from this video what i want is

5:54

for you to take from this video that

5:55

your principles define you the choices

5:57

you make and the choices you make based

5:59

on those principles is what is

6:01

interesting about you

6:02

that is what is interesting about you

6:04

that tells other people when they meet

6:06

you that is the story of you

6:08

that is the story of why they should

6:10

trust you that's the story of why they

6:12

want to be your friend that's the story

6:14

of why they should respect you because

6:15

of the choices you have made in the

6:17

hardships you have overcome

6:19

the things you have done in spite of

6:21

your innate problems

6:23

that's the key difference so how do you

6:25

find those principles

6:27

you

6:28

think about what you admire it could be

6:30

characters in movies on television shows

6:33

books characters who have traits that

6:36

you wish you had people living a life

6:39

you wish you lived

6:41

people doing things you wish you had

6:43

done or could do

6:46

find what they are doing

6:47

describe them write down three to five

6:49

words that describe that person the

6:51

traits about them that you admire

6:53

they're courageous they're compassionate

6:55

they're loving they're forgiving

6:57

they are merciful they are dedicated

7:00

they

7:00

are whatever it might be

7:03

even if you don't know

7:05

even if you can't find the word write

7:07

down something they did

7:09

they kept going when they were hurt

7:12

they told the truth even when it cost

7:13

them something

7:14

they loved their family even when their

7:17

family did wrong to them

7:19

whatever those traits might be write

7:21

them down

7:24

those are choices you admire those are

7:25

choices that are important to you if you

7:27

don't do those things when your choice

7:30

comes

7:31

you will not respect yourself

7:34

you will feel like you have to fashion

7:35

an identity from who how you were born

7:38

and what has happened to you because

7:40

your choices have been ashamed ashaming

7:43

to you they've been shameful to you you

7:45

are ashamed of the choices you have made

7:48

that's a terrible way to live

7:51

and that's what attachment does is it

7:53

makes us believe that we have to make

7:55

decisions other people want us to make

7:58

it tells us that if we make the

7:59

decisions we want according to our

8:01

principles people will abandon us

8:03

and that that would hurt worse than

8:04

death so we have to give up our

8:06

principles

8:07

so we have no identity

8:11

that's why we have to escape in the

8:12



media that's why

8:14

different franchises become more

8:16

important than life and death that's why

8:17

characters feel more like our family

8:19

than our own family does

8:20

[Music]

8:22

is because for a moment we can feel

8:24

powerful for a moment we can imagine

8:26

what it would like

8:27

imagine what it would feel like to live

8:29

to our principles

8:30

if that is you

8:32

you can make this change

8:34

find your principles

8:36

choose to do what other people have done

8:40

even once you will notice how good it

8:42

feels yes there is a cost there's always

8:44

a cost that's why they're principles

8:47

but if you can start living that way

8:49

you can start redefining yourself and

8:51

not in 10 years you can define yourself

8:53

today

8:55

if you have been

8:57

a domestic violence victim

8:59

if that has been your

9:01

your identity up till now i was a victim

9:03

of domestic violence

9:05

that does not have to be your identity

9:07

tomorrow

9:08

you can say

9:09

i experienced domestic violence and i

9:11

was a domestic violence victim but now

9:14

i speak out

9:16

about domestic violence

9:18

i counsel people who have domestic plans

9:20

i help out at shelters

9:23

i help out at group homes for kids who

9:25

experience that

9:28

that would be a defining choice

9:30

i am a person who helps people when they

9:32

are hurting i am a person who

9:34

helps children i am a person who helps

9:36

victims of domestic violence because i

9:38

overcame that myself and i want to make

9:40

sure nobody else experiences that

9:43

that is a powerful story of self

9:45

that is a powerful identity and that is

9:48

something you can be proud of and when

9:49

people hear it

9:50

they want to know you

9:52

that's the difference

9:54

that's how you build that identity that

9:55

matters

9:58

thank you for listening to this talk if

10:00

you've enjoyed this content please

10:01

subscribe to the channel hit like leave

10:03

me a comment with more things you'd like

10:05

to hear about if you want to talk to me

10:07

i'm on twitter i'm on instagram i'm all

10:09

over the place look for adam lane smith

10:11

i'm also on tick tock now of all things

10:14

if you've enjoyed this please stick

10:15

around please come back i love hearing

10:17

from you thank you very much