

if you're tired of being drawn to men who leave you anxious confused and

0:05

heartbroken if you're ready to attract the kind of partner who makes you feel safe instead of stressed then keep

0:12

watching because this video is for you did you know that the very behaviors keeping you trapped in anxious

0:19

attachment are precisely what secure men find most

0:24

unattractive this is because their brains respond differently to stability and reciprocity secure men want

0:31

completely different things than the toxic Partners you're used to secure men are not drawn to desperation over

0:38

accommodation or people pleasing they're looking for confidence curiosity and

0:44

clear communication toxic Partners love emotional chaos secure men are repelled

0:51

by it and once you know how to shift your approach so you can start showing up in your relationships this way

0:56

they'll start seeing you as someone they want to commit to I'm Adam Lane Smith the attachment specialist and today I'm

1:03

going to reveal why the strategies you've been using in toxic relationships completely backfire with secure men and

1:10

how to shift your behaviors to attract the kind of man that you know you deserve for years I was also trapped in

1:18

an anxious attachment style myself I know firsthand the exhausting cycle of

1:23

seeking validation overthinking texts and constantly wondering if you're good

1:28

enough what I discovered through my journey to become secure and what I've seen confirmed with thousands of clients

1:36

is that there's a neurobiological reason why anxious women keep attracting avoidant men instead of secure ones

1:43

today I'm going to break down the exact science behind this pattern and give you practical actionable strategies to break

1:50

it I'll show you how to rewire your attachment system so that secure men are not only drawn to you but you're

1:55

actually attracted to them too we'll uncover the hidden mental block keeping you stuck in unhealthy cycles and most

2:03

importantly I'll teach you step-by-step strategies to shift your behavior so that secure men see you as long-term

2:11

relationship material even if you're currently anxiously attached and the good news you don't have to completely

2:19

fix your attachment style before you can attract a secure partner you just need to understand what secure men are

2:26

actually looking for let's start with what's happening in your brain right now

2:32

anxious attachment develops in early childhood when caregivers were inconsistently responsive your infant

2:38

brain learned that connection requires hypervigilance Pursuit and extraordinary

2:44

effort there are two Pathways you need to understand in this process one is intermittent reinforcement as you get

### **The Neuroscience of Relationship Addiction**

2:51

deeper connections and people respond to you you get a flood of dopamine a flood

2:57

of oxytocin and a flood of adrenaline and it feels incredible this gets you

3:02

addicted to being reinforced to getting that reassurance from somebody this

3:08

addiction is what keeps you coming back and why you're stuck now as you chase

3:13

that hit and continue getting more and more and more you're not always rewarded

3:18

sometimes people respond other times they don't but when they do respond it feels incredible and this is just like

3:25

trying to hit jackpot on a slot machine gambling is the same thing as intermittent reinforcement in an anxious

3:31

and avoidant relationship you are chasing that hit knowing the next hit is about to come it's just one button push

3:38

away there's also emotional impermanence where your brain doesn't understand that somebody's love for you continues even

3:45

if their love disappears for a while this is based on object permanence that babies develop over time and they also

3:52

develop emotional permanence object permanence says when an object isn't in front of me it still exists

4:00

they have to learn this through peekaboo through pulling the towel off and seeing the toy underneath it these objects

4:06

still exist emotional permanence same thing when someone isn't in front of me reinforcing me they still care about me

4:14

they still love me they haven't gone away decided they hate me and now they're going to come back and destroy our relationship emotional impermanence

4:21

intermittent reinforcement keeps an anxious person stuck this creates specific neural pathways in

4:30

your limbic system particularly with your amygdala the fear Center of your brain

4:35

which regulates threat detection your brain then becomes wired to do a couple of key things one thing it does is

4:42

register any withdrawal from other people with drawal of attention in particular as potential abandonment and

4:50

abandonment feels like death because you can't self-regulate you need regulation

4:55

from outside it also will release stress hormones cortisol and adrenaline in response to that perceived rejection amp

5:03

up the system crank everything in overdrive and throw everything in to

5:08

chase that approval we need this more than anything else and then it activates your Pursuit

5:14

behaviors to regain that connection detect threat overclock through the roof

5:20

so you're performing at a high level and then use that overclocking to chase aggressively into fawning behaviors and

5:26

get connection and get intermittent reinforcement chase that dopamine

5:32

high this attracts the wrong men okay in a couple of key ways number one dopamine

5:39

and anxiety if you've been stuck in anxious avoidant relationships you are addicted neurochemically to that roller

### **Understanding Attachment and Emotional Responses**

5:46

coaster the same psychological mechanism intermittent reinforcement that gambling addicts have you have it keeps anxious

5:54

women hooked on avoidant men until they stop and that emotional impermanence if you struggle to to feel loved when

6:00

you're not getting constant validation you're likely caught in that loop as well now why does this matter

6:06

specifically if you're trying to connect to an avoidant man well remember that secure attachment begins much slower on

6:14

purpose you are not supposed to feel high at the beginning of a securely

6:19

attached Bond so secure attachment healthy responsible bonding feels boring

6:27

at first especially if you're used to to the chaos you crave the high of

6:33

unpredictability even when it's painful so the good news here is you can rewire your brain to Crave stability instead of

6:42

craving dysfunction this was a learned behavior you didn't come out as a baby

6:47

doing this you learned to do this but it's not an optimal state so it's not good for you we can change it back

6:55

secure men though have a completely different neurochemical response pattern their prefrontal cortex the Judgment

7:01

center of the brain remains fully engaged during relationship stress which

7:07

allows constant rational thought to Prevail over their emotional

7:13

reactivity cortisol is supposed to be regulated by Gaba and Gaba floods

7:20

through your brain when you have high oxytocin from a variety of healthy loving intimate sources so the more

7:27

secure attachment love you you have in your life through family and friends the more you are resilient against cortisol

7:34

and stress the more cortisol and stress cannot overtake your brain the more that you continue to engage your free

7:40

prefrontal cortex and make rational long-term decisionmaking whether you are

7:46

wildly passionately in love and feeling swept away but don't let that happen you stay rational or you are scared or you

7:54

are hurt and resentful or whatever other wild feeling up or down you might be having so when you display anxious

8:01

behaviors like over accommodating to avoid conflict seeking constant

8:07

reassurance emotional volatility when feeling insecure and craving that

8:13

initial hit the secure man's brain sees that and it doesn't register these as

8:19

signals of Interest or devotion instead he's expecting a securely attached woman

8:25

and a securely attached response instead of doing that and seeing you like an avoidant man and saying oh good someone

8:31

that I can connect to his welldeveloped threat detection system identifies your behaviors as

8:39

warning signs of an emotionally unstable connection somebody who's going to bring

8:45

instability and danger to his life the great irony here is that the very

### **Understanding Anxious Attachment and Its Impact on Relationships**

8:50

behaviors that your brain thinks will secure connections are precisely what

8:56

Drive secure men away what are these behaviors exactly that you're doing and

9:01

more importantly what can we do to change them that's probably what you're asking right now what can I do to find

9:08

these things and cut them out and how do I start attracting a secure

9:13

man I'm going to show you right now okay let me share a powerful metaphor that explains why anxiously attached people

9:19

struggle in their relationships I call it the hostage mentality okay a child

9:24

with anxious attachment as a child you were essentially a host

9:29

to your caregivers unpredictable emotional availability this doesn't even mean they were harmful to you on purpose

9:37

or mean or malicious or hurt you it could just mean they were wildly

9:43

unregulated didn't know how to care for you weren't present got unstable there

9:48

could be a variety of reasons but for whatever they were those reasons were you couldn't meet your own needs because

9:54

you're a baby so you learned to comply meticulously ly with what everything

10:01

others wanted all the time hoping to earn love and care from other people the

10:07

science here as we detailed above but I'm going to go through it again oxytocin dopamine adrenaline cortisol

10:15

and adrenaline flood your system and say oh no there's a threat you give those good responses what we call the fawning

10:21

behaviors from your sympathetic nervous system they respond and take care of you oh okay hey you want to love okay here's

10:27



a hug FL of oxytocin dopamine and more adrenaline amazing hit programmed you as

10:35

an infant I'm safe because I fond I'm safe because I fond that's what your

10:43

brain hears okay say it out loud for a moment I'm safe because I

10:48

fond now as an adult you're no longer a physical

10:53

hostage yet your nervous system still operates as if you are this is what's

10:59

called an external locus of control I can't regulate myself maybe

11:06

30% I need about 70% other people helping me feel better or I'm destroyed

11:13

I don't know what to do I can only make people happy and they can try to help me feel better by giving me that attention

11:20

I will do anything for that connection and that's where you become a

11:25

hostage as a result you walk into dating situations already behaving like a

11:31

hostage to your head with a gun to your head hypervigilant overly accommodating afraid to ask questions or set

11:37

boundaries because you're waiting for them to take care of you and if you get it wrong they will

11:43

leave couple things this manifest says first thing is filtering everything you

11:49

say to avoid potential reduction maybe not saying anything at all a lot of anxiously attached women look boring and

## **Understanding Anxious Attachment Behavior**

11:56

quiet and without personality from the outside because that's the only way they know how to not offend

12:03

somebody abandoning your own needs to please others and what this turns you into is a doll for other people's

12:09

glorification and joy and pleasure you're just an emotionless doll for others to toy with secure people by the

12:15

way don't like and either of those but hurtful people will there's also excessive worry about

12:23

bothering someone by expressing yourself right when was the last time you were able to share a thought comfortably

12:30

without worrying it would upset someone and prematurely investing

12:35

emotionally be foreseeing consistent Behavior because you got that huge rush of Love bombing at the beginning this is

12:43

my person I'm giving you everything please tell me your name so that I can give you my

12:49

kidneys that that's the anxious person's Behavior I will give you

12:55

everything and I've only known you for an hour unfortunately very

13:00

common I want to take a moment to invite you to my attachment immersion Retreat the first week of May up in Vil Colorado

13:07

where I'm going to be training and teaching and then practicing attachment skills relationship skills and all the

13:14

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

13:20

please check out my website Adam Lanes smith.com there's a retreat link right on there the outcome of this behavior

13:26

when you meet a securely attached person when they see it and they encounter you first they're confused they don't

13:33

understand why you're acting like a hostage when no one is holding you captive secure men are not looking for

13:40

Perfection or a blank slate or a doll they're looking for reciprocity

13:48

curiosity personality morals goals desires needs

13:55

secure men are drawn to Healthy Living Partners who ask meaningful questions

14:01

and show genuine interest now contrast this with toxic men that you're probably used to dating

14:08

they see free money someone who will accommodate their inconsistency without any complaints for the first year your

14:16

hostage Behavior literally repels secure men while attracting those who will

14:23

reinforce your anxious patterns because as you pull in toxic people people who

14:29

don't want to give you much at all and don't want to intimately connect with you your brain lunge into that

14:35

intermittent reinforcement when they run away you have to Fawn and chase you have to beg for that connection you get the

### **Understanding Manipulative Avoidant Behavior**

14:41

dopamine and oxytocin hit then you get the rush of feeling great and then they leave again and you feel lost and you do

14:48

this for 10 20 30 years some people come to me after 40 or 50 years and they're

14:54

in their 60s or 70s and they've been doing this all their life

15:00

now manipulatively avoidant people in particular love to exploit this Behavior they're very different from ethical

15:06

avoidants who don't understand the difference manipulative avoidant people will do this because it feels really

15:12

good to them they may not be out to hurt you but they also may not care as much

15:17

because they can justify a lot of their negative behaviors and personality disorder people especially are really

15:24

going to take advantage of this behavior and it just continues the cycle of making you believe you are Unworthy of

15:31

love so what can you do well the single most powerful shift you can make is to

15:37

well it's counterintuitive okay it might shock you before I say it ask more

15:44

questions most anxiously attached people have been programmed not to ask questions think back to your childhood

15:51

the earliest you can remember you might have been naturally curious I mean you were as a child all children are

15:58

obsessively curious you probably at one point were constantly asking why and how my daughter right now one-year-old that

16:05

that that that that and this is a question what's that what's the name for that what does it do that's all she can

16:11

say is that but she says it to everything because she wants to understand her world so then we pair it

16:17

back what the words are to her and we explain and we show because we're secure engaged parents but somewhere along the

16:25

line someone taught you the questions are

16:30

dangerous you learn that questions make people annoyed with you you learn that questions got you

16:37

punished or criticized you learn that questions cause people to withdraw or abandon you

16:44

you learned that you're annoying for a natural thing every child

16:49

does this neural conditioning rewired your prefrontal cortex to suppress question asking behavior and I want to

16:57

say I am so sorry for that I am so sorry that you experienced that no child

17:03

should have to experience that I'm a father of five and it's my duty to answer their questions so that they know

17:10

questions are welcome and they never stop asking and I'm so sorry that your parents didn't give that to

17:16

you now the result of this you enter relationships with a severely limited

17:23

ability to gather crucial information about potential Partners expectations

### **The Power of Questions in Building Secure Relationships**

17:29

needs boundaries goals everything but asking good questions

17:36

filters out the wrong partners and it attracts the right ones a secure man

17:41

enjoys these question-driven conversations a toxic man avoids them

17:47

here's where the science gets really fascinating secure attachment is built on transparent communication exchange

17:54

when you don't ask questions you cannot build the neural Pathways re required

17:59

for secure connection you are essentially trying to build a house without any foundation on the bottom

18:05

have you ever tried to build a house where the walls are just on mud that's what this relationship style

18:10

is like let me explain a little bit here how this works at a neurochemical level

18:16

asking questions activates your prefrontal cortex in the brain which dampens your amygdala hyperactivity it

18:24

actually slows down your fear response because you're asking important questions especially if they're received

18:30

well now receiving answers releases small amounts of dopamine and oxytocin

18:36

yes creating positive reinforcement not the overwhelming slot machine Jackpot

18:42

that you might be looking for but enough that your brain says huh that felt good

18:47

I'm going to do that more questions are a good thing and then both of you are experiencing that as you go back and

18:53

forth this exchange creates new neural pathways associated with security right

18:58

than an anxiety and over time the steady flow of very easy responsive dopamine

19:05

and oxytocin beats the occasional payout from the huge

19:12

jackpot I have to chase it and be afraid and scared and terrified and occasionally I get just enough to keep

19:18

going or I can get exactly how much I'm looking for all the time by asking a

19:24

simple question with no stress and enjoy the experience and the other person does too your brain knows one of those is

19:30

superior to the other that's why over time these Pathways become your default response which rewires your attachment

19:37

pattern asking questions has a powerful filtering effect by the way secure men

19:43

welcome questions and they respond thoughtfully they'll even say that's a good question toxic potentially harmful

19:51

behaviors though from and from Partners who hate this stuff that's what you that's where you're going to see them

19:56

shutting down the questions because they expose inconsistencies and red flags

20:02

they say no thanks stop you're asking way too much wow you're awfully nosy that's a lot of questions for a first

20:10

date you want to hear that because you want to drive those people away let me

20:16

give you a concrete model for how to implement this questioning approach okay I call it conversation tennis in a

### **How to Master "Conversation Tennis" in Relationships**

20:22

healthy conversation with a secure partner information flows back and forth

20:27

like a friendly game of tennis you hit the ball asking a question they return it answer and ask you something and the

20:34

exchange continues with a natural Rhythm okay it's back and forth no score fun

20:39

you're laughing oh good hit that was awesome oh you too nice serve and you're playing this fun game back and forth



20:46

with a good friend that's what a good conversation should be and it's reliant on questions this is why many people in

20:53

dating fall flat on their face and nobody's interested because they never ask questions they throw out statements

20:59

and try to be interesting it's the questions that make you interesting but in an anxious and

21:05

avoidant dynamic in particular one person is constantly serving and begging questions while the other one barely

21:11

Returns the ball at all or hits it into the net the game isn't fun it's exhausting now this this is the anxious

21:19

person chasing that intermittent reinforcement when you hit the ball you hope the other person's going to hit it

21:24

back to you with a smile on your face but instead they spike it in the net they turn the other way and let the ball fly past them they ignore it maybe

21:31

occasionally they hit the ball back it's you perpetually chasing after

21:37

your dad saying dad dad can I play with you and once a month he says okay yeah

21:42

let's play for 20 minutes and then you have a great time but the other 29 days

21:48

I'm too busy kid I'm too busy I'm too busy I'm too busy you're waiting for that one 20 minute hit for the month

21:55

you're waiting for the one time they hit the ball back when you're dating a secure

22:00

partner here's the exact formula of what to do okay instead ask a meaningful

22:06

question about their values their goals their experiences a story something bigger in their life one thing that's a

22:13

good a good question I tell people is what are you working on right now who's a mentor to you who keeps you

22:19

accountable what are you building in your life what's your biggest goal that you're actually working toward right now

22:26

those are big questions listen fully to their response okay when they come back

22:32

they're going to ask you a question answer approximately 50 to 75% of the

22:37

detail they provided not more not less if it's less you look evasive if it's more you can go on and on and on for an

22:44

hour and their eyes glaze over instead it's about a 75% per uh percentage that

22:49

you should be aiming for right here this is a great place in dating to make sure you're giving an adequate number of

22:56

answers okay give them that I'll explain more how to do this in a minute and then end your response with another question

### **The Power of Questions in Building Secure Relationships**

23:03

keep playing tennis questions questions questions questions for example you might ask what are you looking for in a

23:09

relationship long term you listen to their answer and they say something like I'm looking for someone who shares my

23:15

values around family and wants to build something meaningful together I've learned from past relationships that

23:20

communication's really important to me so what about your communication style what works best for you in relationships

23:26

this balanced exchange back and forth like this activates the brain's reward

23:31

system in Secure people secure people get rewarded for these conversations it

23:36

feels amazing oxytocin dopamine serotonin have you ever had a really

23:42

good conversation that left you feeling so recharged and so fulfilled and so

23:47

content you were glowing that was a good conversation with probably a lot of questions and a lot of answers back and

23:54

forth that's what secure people expect in a relationship conversation they thrive on Mutual Discovery and mutual

24:01

curiosity this is why I say that the biggest mistake anxious women make that pushes away secure Partners is being

24:09

overly accommodating and having unclear communication where you're just making them feel good secure attachment is

24:16

based on negotiation driven relationships toxic men thrive on vague

24:22

undefined expectations secure men want boundaries and direct communication

24:28

so stop doing a couple of things okay instead instead of over explaining your

24:34

worth if he can't see it he's not your person so don't over explain your worth instead set clear expectations early I'm

24:42

looking for a serious relationship what about you and don't justify your needs

24:48

you don't need permission to want a healthy relationship of course you want a healthy relationship you're a human

24:53

being why would you go on a date if you're not looking for a healthy secure relationship ship so ask I'm looking for

25:01

a really serious happy healthy relationship what about you secure men

25:06

are not looking for someone who plays games and can't ask ask those questions or answer them they want a partner who's

25:12

direct and confident in what she wants think of it another way secure attached

25:18

people are not here to date for the rest of their life they're dating to find the right partner to build their life with

25:25

they're not here to date for 6 years and occasionally ask a question or or two when someone consistently fails to

25:31

return the ball by not answering your questions or never asking any of their own this is a neurobiological warning

25:37

sign and if they start complaining about your number of questions get out however

25:43

with open communication and clearly stated expectations in mind we need to talk about a technical aspect of

### **Navigating Conversations with Anxious Attachment**

25:49

conversation that anxiously attached people usually struggle with how much to

25:55

share anxiously attached people typically do one of two things they overshare everything immediately trauma

26:02

dumping because they can't hold it back or they share almost nothing out of fear of rejection both extremes signal

26:10

insecure attachment to a secure partner instead we're going to use what I call the 23ds answers technique that we

26:16

talked about a moment ago remember we spoke about responding with approximately 50 to 75% of that level of

26:22

detail someone gives now I'm going to show you exactly how to do it effectively because this is something

26:28

creates balanced reciprocity that feels comfortable to secure people for example

26:34

if they share a 30second answer about their career goals and such on your response should be about 15 to 20

26:41

seconds followed by a question this technique has a neurobiological basis it prevents overwhelming the other person's

26:48

nervous system with too much information while also demonstrating healthy vulnerability that perfect balance that

26:54

secure attachment requires if you share less than half of their answer their brain immediately Pricks up and says why

27:02

are you being evasive then they start wondering why you're not sharing anything then you look like a threat and

27:08

they begin to pull away from you because you're hiding something now what's going to happen if you overshare is you might

27:14

start saying things that are not helpful you might make self-deprecating jokes that insult yourself or start rambling

27:20

on and on and look disregulated and they can sense it now and see that you're anxious and stressed or you might just

27:27

start sharing things you don't intend to and blurting out things because you can't stop and this looks like a problem

27:33

and the worst of all you just bore them to death because you're rambling so

27:38

badly they will stop listening and their eyes will glaze about 2third is the

27:44

right answer remember share challenges in particular you're overcoming and how

27:49

you're overcoming them not just problems without Solutions this is not trauma dumping and frustration dumping and

27:55

venting this demonstrates a growth mindset which secure Partners find highly attractive now there is one vital

28:02

thing that anxiously attached people must understand if they want to attract a secure partner and this is something

28:08

that's often overlooked secure men are not attracted to Partners who place all their emotional needs on just one person

28:16

secure men are not going to look for someone who makes their whole world revolve around them anxious attachment

28:22

creates what neuroscientists call oxytocin hyperfixation where all of your bonding hormones are focused on a single

### **Diversifying Your Oxytocin Portfolio for Better Relationships**

28:30

person this creates an unsustainable pressure that even secure men cannot withstand the solution is to diversify

28:37

your oxytocin portfolio this means building deeper connections with friends

28:42

and family so that you get that Supply from other people developing communities

28:48

and group affiliations where you feel connected to the people around you and you're getting that flow of steady brain

28:54

chemistry it also means creating meaningful non-romantic relationships in your life not just one person who makes

29:01

you feel good studies show that women with diverse social connections have more regulated nervous systems and they

29:07

attract healthier Partners why because their brains aren't operating from a

29:12

scarcity mindset around connection you are co-regulating properly with your

29:18

family and friends and showing up calm and steady and secure when you're dating

29:24

a new partner the benefits here are in calculable the benefits is that they see

29:30

you as a person with an amazing community and also you are completely calm when you meet a potential partner

29:36

with a diversified oxytocin portfolio you are not desperate for their attention to regulate your nervous

29:43

system this changes everything about how you interact with them now if you've been

29:57

overinvestigation will say they don't rush it instead what they look for is a

30:02

couple of key things number one consistency not hot and cold behaviors

30:07

back and forth they look for self-regulation not emotional volatility

30:13

where you are craving that input and connection or where you have a dopamine

30:18

fixation and they also are looking for authenticity not performance or cool

30:23

girl Behavior or hyper accommodating Behavior or Fe fake secret contracts of

30:30

I will give you everything and ask for nothing which they know are not sustainable so if you want to attract a

30:37



secure man there's a couple of key things you've got to do here's some practical strategies everything else in

30:42

this video yes do but here's some pieces right here if you're dating a secure man number one mirror his pacing if he's

30:50

steady Be steady if he's a bit slow don't rush

30:56

him show and don't tell secure men watch for Behavior not just words if you walk

31:03

in saying I'm really secure everything about me is secure I'm so regulated and calm that doesn't matter are you acting

31:09

calm are you acting steady do you have calm boundaries that show that you're

31:14

not desperate are you building a life consistent with the married life you might be looking for that you're telling

31:21

him you want or are you lunging into relationships at feelings hoping it will work out show him don't just tell him

### **Achieving Secure Attachment in Relationships**

31:29

and finally stay in your lane and I mean that in the kindest most Gentle Way

31:34

don't over function in the relationship don't over accommodate let things unfold

31:41

naturally it is not your job to rescue someone really fast or make them feel

31:46

amazing on the first date it's your job to see if you guys are a good fit and see if you can enjoy each other's

31:53

company I want to be very clear here the journey from anxious to to secure attachment isn't about becoming a

32:00

completely different person overnight and it's not about changing who you are at the core it's about recognizing the

32:07

patterns that keep you stuck and making strategic shifts in how you approach relationships it's learning the skills

32:14

of relating within a secure Bond where both Partners feel comfortable sharing and asking for needs to be met and

32:22

trusting the other partner to do the same because the right man quite frankly is not a unicorn BN you just need to

32:29

know how to recognize him and how to become the kind of woman who attracts him

32:35

effortlessly so remember from this video here's what you must do and a lot of you in the comment sections have asked me

32:41

for a recap at the end of what to do here you go ask more questions this

32:46

filters out harmful partners and attracts secure ones in a huge way play

32:51

conversation tennis maintain a balanced give and take back and forth use the 2third answer technique share

32:59

appropriately without overwhelming diversify your oxytocin

33:04

portfolio don't put all your connection needs on one person and finally maintain

33:11

a steady Pace in your dating cycle don't jump all in super fast if they really

33:18

are your soulmate like you feel on the first date they'll still be your soulmate on the third fourth or fifth

33:25

date have calm conversation don't worry about missing that train there's another train coming along soon

33:32

and you don't need to get caught in front of it now if you're struggling to implement these strategies on your own

33:38

you don't have to do this alone this is exactly the kind of deep work I do with my coaching clients daily Breaking Free

33:45

from anxious attachment patterns often requires guidance especially when your brain is wired to return to familiar

33:50

patterns under stress I would love to help you transform your relationship patterns so if you're ready to attract

33:56

the secure partner you deserve and you want to work with me directly visit [Adam lanes smith.com](https://adamlanesmith.com) and book a coaching

34:02

session or send a message to my team at support at [Adam Lanes smith.com](https://adamlanesmith.com) if you

34:07

have any more questions we'll help you determine if coaching is the right fit for your journey towards secure attachment remember you weren't born

### **Understanding and Reconditioning Anxious Attachment**

34:16

anxiously attached you were conditioned to be and what was conditioned can be

34:21

reconditioned with the right approach so please leave your questions as you're going to ask them in the comments

34:28

below and don't forget to subscribe for more attachment insights every week I'm

34:33

Adam Lane Smith the attachment specialist and I'll see you in the next video