

you've probably heard about attachment

0:01

Styles before but you probably also

0:03

wonder what the heck does this have to

0:04

do with me what does it mean for my

0:06

relationships why should I

0:09

care I'm going to tell you today why

0:12

attachment styles are some of the most

0:13

important things that you should know I

0:15

have people ask me Adam what's the

0:16

biggest thing I should be testing for

0:18

should I check someone's sign or check

0:20

someone you whatever it is there their

0:21

credit score no no no check their

0:23

attachment style that will really tell

0:25

you if you can work together with this

0:27

person in your relationship and while

0:28

you're at it check your own because you

0:30

may be the problem in your relationships

0:32

and if there's a problem you can fix it

0:34

I'm going to show you how really quick

0:36

but here in this video I'm going to show

0:37

you everything you need to know in a

0:39

condensed version no technical jargon no

0:41

master's degree needed you don't have to

0:43

go to school like me I've done the work

0:45

for you I'm going to show you exactly

0:46

what attachment Styles mean for you and

0:48

your relationships so as always if you

0:50

want more information you can check my

0:52

website Adam Lanes smith.com I've got

0:54

resources on there including a free

0:56

attachment Styles guide that would be

0:57

useful used with this video if you go on

1:00

there you can check out my four

1:01

attachment Styles guide download the PDF

1:03

have it sent to your email check it out

1:05

and it includes the signs you should be

1:07

looking for how each attachment style

1:09

forms what the complicating factors are

1:11

that you need to be watching for and a

1:12

couple of quick steps on how to fix it

1:14

I'll be covering a lot of that here in

1:15

this video but if you want a deeper dive

1:17

check out that attachment Styles guide

1:18

available on Adam Lan smith.com so let's

1:21

drive right in what the heck is

1:23

attachment and what is an attachment

1:25

style I've given this talk a few times

1:27

and I've narrowed it down to this piece

1:29

right here that you need to know

1:30

attachment is the way you two human

1:31

beings connect or attach to each other

1:34

to give and receive love it is supposed

1:36

to form a mutually fulfilling Circle

1:39

where both people can openly State what

1:40

they need get their need met meet the

1:43

other person's needs and make a pure

1:45

circle of open fulfillment where you

1:47

take care of each other's needs with no

1:49

secrets a full transparency yes this

1:51

sounds like a perfect Ideal World this

1:53

is called secure attachment secure

1:56

attachment is one of the four attachment

1:58

Styles it is the

2:00

secure attachment Style on the secure

2:02

attachment side that'll make sense here

2:04

in a moment I'll show you secure

2:05

attachment says I can be open and honest

2:08

with other people about what I need

2:10

because most of them are going to work

2:11

in good faith with me if someone doesn't

2:13

work in good faith that person's weird I

2:15

don't know I'm not going to worry about

2:16

it though they don't Define the world

2:18

most people will be pretty reasonable

2:20

secure attachment also says I'm a pretty

2:22

okay person I'm not the greatest I'm not

2:24

the worst I'm pretty okay in fact I

2:26

think I'm pretty good and I'm going to

2:27

get better as time goes on I'm a work in

2:29

progress I don't have to be perfect and

2:31

people don't expect me to be perfect and

2:32

I don't expect them to be perfect we can

2:34

accept each other as long as people are

2:36

coming in good faith and we will work

2:38

together on goals and we will work

2:39

together on Mutual fulfillment and

2:41

things are going to be okay for the most

2:43

part secure attachment style as you can

2:45

guess is pretty low daily stress pretty

2:48

low stress relationships really low

2:50

drama very easy to figure out and

2:52

they're very straightforward about what

2:53

they need without stomping their foot or

2:55

demanding or screaming at you this is

2:57

secure attachment this is supposed to be

2:59

given to us by our parents especially if

3:01

we have a wider family Network that also

3:04

includes this good attachment and

3:05

bonding and connectedness and if we are

3:07

raised in a larger society with good

3:10

attachment and care and nurturing and

3:12

raised in a you maybe a religious

3:14

community that also provides that

3:15

nurturing and a larger tribe or

3:17

neighborhood or whatever Network it is

3:19

there's supposed to be like five groups

3:21

merging in to give us this good

3:23

attachment wrapped around us and it's

3:24

not that the world has ever been perfect

3:26

but for much of human history we had to

3:28

live in functioning circles where we had

3:30

five safety nets of people working

3:33

mostly in good faith with each other

3:35

where they had to they had to survive it

3:38

was crucial that people be able to be

3:40



trustworthy and work together in mostly

3:43

good faith because your word was your

3:44

bond your word was your life your word

3:46

was everything and you survived or not

3:49

based on that word and that's how

3:50

families also function again this is not

3:52

to take a perfect idealized version of

3:54

how the world has Lo but but by and

3:56

large most situations were healthier

3:59

than they are today we've destroyed all

4:00

five of those pieces that's why many of

4:02

you watching this are probably like

4:04

secure attachment sounds crazy what was

4:05

that from a movie secure attachment is

4:07

what about half of adults actually live

4:10

with is what the research shows it's

4:11

just that they separate themselves out

4:13

from the insecure people it's almost

4:14

like two different worlds operating

4:16

within the same culture a secure

4:18

attachment boils down to this you can

4:20

cooperate with other people and believe

4:22

that they will give you good faith and

4:24

that you are worthy of that good faith

4:26

and that things will work out as long as

4:28

you are just honest and work work

4:29

together to cooperate that's secure

4:31

attachment now you can see how this

4:33

could get broken and there's three

4:35

different ways it gets broken really two

4:37

with a a third blending of the two so

4:39

you can either split off when you're a

4:40

child you can split off and say anxious

4:44

attachment style my family didn't give

4:46

me the love and care I needed and they

4:47

were very critical of me or they

4:49

abandoned me or I felt abandoned or I

4:51

felt uninterested or unwanted something

4:53

went wrong and I turned inward I blamed

4:56

me I looked at myself and said there's

4:59

some something on the inside everyone

5:01

else can see I can't see it but there's

5:02

something wrong with me that everyone

5:04

else can see and it makes them not like

5:06

me it makes them criticize me makes them

5:08

maybe hurt me it makes them not really

5:10

want me around it's something wrong with

5:13

me I don't deserve to be loved so it

5:15

takes that secure attachment style and

5:17

breaks it saying everyone else is good

5:20

but not me I am the problem so no one

5:23

will act in good faith with me if they

5:25

see who I really am because I don't

5:27

deserve it they'll Exile me kick me out

5:29

get away from abandon me they will

5:30

reject me because of me so I have to

5:33

lock down be perfect put up a fake front

5:35

be perfect take care of everybody's

5:36

needs earn approval all the time make

5:38

sure everybody likes me make sure

5:40

everything goes right make sure everyone

5:41

around me is happy all the time no one

5:43

will ever abandon me they'll never see

5:44

what's wrong with me I can never ask for

5:46

my needs to get met but what I can do is

5:48

earn approval by doing 10 nice things

5:50

for them and maybe they'll figure out

5:52

what I need in return if I deserve it

5:54

and this person I'll talk about in a

5:55

moment in a little bit we're going to

5:56

talk about what this really means for

5:58

relationships for adults but this person

6:00

sets out into the world to earn approval

6:01

and get their needs met on a point-based

6:04

system this is not a good thing the

6:07

other way that this can get broken is

6:08

avoidant attachment style I'm not the

6:10

problem I've seen how these people treat

6:12

each other they are psycho everybody's a

6:14

mess everybody's a problem and no one on

6:16

earth is capable of acting in good faith

6:19

I am the one and only person on Earth

6:20

trying to do right and everyone around

6:22

me is a bunch of shrieking Apes I can't

6:25

be here I'm going to have to protect

6:26

myself from other people and avoidant

6:28

attachment can split into where you you

6:29

just stay away from other people you

6:31

don't manipulate anyone or hurt anyone

6:32

you're just worried and nervous and you

6:34

stay away from other people and you can

6:36

be very high functioning especially in

6:37

the world's business founding companies

6:39

Tech all that I have so many clients

6:41

come in who are in amazing Financial

6:44

positions completely emotionally

6:46

disconnected from everyone around them

6:47

and very unhappy because life feels so

6:49

unfulfilling I have people people like

6:51

that flooding into my coaching practice

6:52

and I work with them and you could fix

6:54

it pretty fast if you're willing to but

6:56

that's one side of avoidant the other

6:57

side of avoidant is people are nuts I

6:59

need to manage them before they get to

7:01

me so you manage them you you manipulate

7:04

them you control them you Gaslight them

7:06

there's a varying Spectrum here of

7:08

avoidant that slides toward narcissistic

7:10

personality disorder over on the extreme

7:12

end that some people get but you develop

7:14

more and more narcissistic traits the

7:16

further that toward that side of the

7:17

spectrum you go that's a malignant

7:19

avoidant or or a narcissistic avoidant

7:21

there's a ton of words for it dismissive

7:23



avoidant is one that many people will

7:24

use that's that side it's high level of

7:26

manipulation that is no one will ever

7:29

act in good good faith with me so I need

7:30

to manage other people out of my fear to

7:33

get my needs met I got to manage them

7:35

and this is where a lot of the pain

7:36

comes into our world of of these types

7:39

of avoidant people managing and hurting

7:41

other people through manipulation this

7:43

is where a lot of the pain Point comes

7:45

from again not that avoidant people are

7:47

bad people and again there's giant dis

7:49

divides between types of avoidant but

7:50

this specific segment of the population

7:52

right here so much of the pain so much

7:55

of the pain there's that then third

7:57

insecure style fourth style total

7:59

disorganized style also then called

8:01

anxious avoidant style now I believe

8:03

it's called fearful avoidant style they

8:04

flip back and forth they're both anxious

8:06

and avoidant they're so anxious and

8:08

scared but they keep getting hurt and

8:10

the people in their life kept hurting

8:12

them and love was inconsistent or it was

8:14

used for abuse or they were abused or

8:16

things were just so chaotic and painful

8:17

they adapted so many avoidant traits

8:20

that they are now anxious and avoidant

8:22

where they are fearful of themselves and

8:23

fearful of other people maybe they've

8:25

learned maybe I'm not that bad but I'm

8:26

still not quite right but something's

8:27

not wrong and they're completely chaotic

8:30

back and forth these are the people that

8:32

react very strongly to perceived

8:34

abandonment or perceived slights or

8:36

perceived insults you can't fire me

8:38

because I quit in the middle of a

8:39

relationship and the other person's like

8:41

I wasn't going to fire what huh what

8:43

happened and they're confused then the

8:44

person oh no what have I done and they

8:46

try to pull you back in but then they

8:47

push back out but then they pull you

8:48

back in pedestal devaluing pedestal

8:51

devaluing the extreme version of this

8:53

would be borderline personality is or

8:54

of way up the top of that scale but not

8:56

not the most of it most of it is not

8:58

borderline um it just mimics some of

9:00

those traits as you slide toward that

9:02

direction anxious style is where the

9:03

codependency comes in sliding down the

9:05

anxious style becoming more and more

9:07

codependent needing to be needed also a

9:09

feature of disorganized style could be

9:10

variations of this within each person

9:12

but these are the attachment Styles this

9:14

is what you need to know let's talk next

9:16

about what this means for your

9:17

relationships because once these people

9:19

go out and get into adult relationships

9:20

you can see how secure people would see

9:22

a lot of these behaviors a mile off they

9:24

don't want to be love bombed by the

9:25

avoidant people they kind of say like

9:27

why are you over flattering me why are

9:28

you over Romancing me I'm over here I'm

9:30

just trying to be honest and open with

9:32

my needs you're not being honest or open

9:33

with your needs you're just

9:34

overwhelmingly with kindness that's kind

9:36

of weird like okay well we'll keep you

9:38

right there and then the the avoidant

9:39

person says oh that's not working and

9:41

they leave the other avoidant people who

9:43

are just nervous don't even get close

9:44

enough to the secure people they're like

9:46

I don't know what that person's doing

9:47

they're kind of weird I've never seen

9:48

anyone like that before they're just

9:49

asking me all these questions about my

9:51

feelings and my thoughts and my

9:52

experiences they're being way too honest

9:54

something is not right there I'm just

9:55

going to kind of back off just back off

9:57

the anxious people go to the secure

9:58

people and they can't get their needs

10:00

met they can't be codependent say let me

10:02

do something for you let me do something

10:03

for you let me do something for you

10:04

please and the the secure person starts

10:06

asking them serious questions about

10:07

themselves and the anxious person says

10:09

you're going to see this evil part of me

10:10

so they start backing off too and

10:12

remember the secure people they move a

10:13

little bit slower anyway so the other

10:15

insecure Styles think that they're not

10:17

interested because they're boring they

10:18

say secure people are boring or they're

10:20

just not interested I don't really know

10:22

what they want from me plus they're kind

10:23

of intimidating I I don't really know

10:24

what to so the groups segregate out

10:27

secure goes with secure insecure goes

10:29

with insecure and this is why people

10:31

will swear there is no secure person on

10:33

the face of this Earth I've never seen

10:35

one I've never dated one I've never been

10:37

well yeah you're probably right you

10:38

probably self- selected out from them

10:40

and they self- selected out from you

10:42

that's very unfortunately common for

10:44



that to happen what we need to do is

10:46

work on throwing that switch and helping

10:47

you become secure I've got other

10:48

resources for that I've got my

10:50

attachment boot camp course I've got all

10:52

kinds of resources again Adam Lan

10:53

smith.com or click down in the

10:55

description below or click the link Tree

10:56

in my about page you will find all kinds

10:58

of resources if you want to change your

11:00

attachment style and become secure we're

11:01

not going to talk about that today I

11:02

want to show you what these mean for

11:03

relationships because if you get in a

11:06

relationship and you or the other person

11:07

has a anxious attachment style you will

11:09

crave to be needed because you will

11:11

believe you don't deserve love so you

11:13

have to play a constant deficit game

11:15

where you are endlessly filling up

11:17

somebody's bucket of love for you that

11:19

has holes in the bottom and you need to

11:20

make them love you all the time you'll

11:22

have emotional impermanence where you

11:23

think the moment you aren't filling that

11:25

person's bucket they are falling out of

11:26

love with you in fact they now hate you

11:28

instant it's been like five days since I

11:30

heard from them they wish I was dead and

11:32

they have they're over there like

11:33

thinking like hey man I remember that

11:35

guy I haven't talked to him in five days

11:36

he's wonderful I should contact him and

11:37

you've already planning the funeral of

11:39

your relationship you have Dove relax

11:41

scheduled to commemorate the death of

11:43

your relationship this is anxious

11:45

attachment Style with emotional

11:46

impermanence this happens quite

11:48

frequently when you work on your anxious

11:50

attachment style you can fix that but in

11:52

that relationship the anxious person

11:54

will also so often self-sabotage

11:56

themselves endlessly in a series of be

11:59

being desperately unhappy in the

12:01

relationship when they don't have to be

12:03

they mind read they pretend they can

12:05

read the other person's mind and they

12:06

ascribe the worst possible thoughts and

12:09

insults toward them from the other

12:11

person it's like wow you're just using

12:12

somebody else to insult yourself that's

12:15

what's happening now an anxious person

12:16

will most often destroy the relationship

12:18

by doing 10 nice things for their

12:20

partner secretly hoping their partner

12:21

will share their need figure out their

12:22

needs figure out the code crack the code

12:25

and come meet their needs and take care

12:26

of them and make them happy and the

12:27

partner never will so the anxious person

12:29

develops resentment and resentment and

12:31

resentment over months and months and

12:32

months then blows up and says I've done

12:34

all these nice things for you why can't

12:35

you do even one nice thing for me then

12:37

they go oh no what have I done I don't

12:39

deserve love they're going to see that

12:40

and they collapse back into people

12:42

pleasing and approval seeking without

12:43

ever really opening up about the

12:44

transparency this destroys the

12:46

relationship the avoidant people will

12:48

love love bomb you typically love bomb

12:50

you at the beginning and saturate you

12:51

with oxytocin bonding saturate you with

12:54

it so that you don't know what to do and

12:56

you get just flooded with these this

12:58

overwhelming good feeling and what's

13:00

happening is they know eventually

13:01

they're going to back off so they're

13:02

setting a fish hook basically that is

13:06

going to keep you strong along when they

13:08

start backing off when they get scared

13:09

because the nature of avoidant is to be

13:11

scared of being close they're not bad

13:13

people they are scared of getting hurt

13:15

so when they get too close and you start

13:17

pushing for commitment or deeper

13:18

connection deeper talks marriage all of

13:21

that they start backing off and the

13:24

nervous people will just say I I don't

13:25

know I'm just kind of needs a little bit

13:27

of space I'm not really sure you know I

13:28

just kind of kind of need some and the

13:30

malignant like malicious people will say

13:32

like well it's you man you're the

13:33

problem you're just too needy you're too

13:34

clean you're smothering me you're

13:37

whatever it might be gaslighting will

13:38

often kick in during that time because

13:40

they can't get their needs met either

13:41

without pushing your buttons they will

13:42

get their needs met one way or another

13:44

but they don't know how to work with you

13:46

and just say hey here's my needs can we

13:47

meet my needs what are your needs let's

13:49

meet yours too they think that they have

13:50

to take them they think they have to

13:52

convince you to give them up it's

13:53

playing the game it's a lot of game

13:56

playing and disorganized is chaotic it's

13:58

wild chaotic no matter what you do you

14:01

are accidentally going to set them off

14:03

and they're not going to tell you why

14:05

they're just going to explode and the

14:07



relationship and then go into desperate

14:09

approval seeking mode and try to get you

14:11

back and then try to fix it and then try

14:12

to destroy themselves and punish

14:14

themselves in the process because all

14:15

they can do is make themselves hurt to

14:17

show you how serious they are about what

14:19

they've done wrong and it's just this

14:20

process of watching them consume

14:22

themselves it's horrible and it's

14:24

chaotic for you but it's more chaotic

14:26

for them that's the thing people don't

14:27

get is people with this disorganized

14:28

attack St nobody suffers from it more

14:31

than they do again they're not bad

14:33

people this is just the only way they

14:34

know how to function and it and they

14:36

hate it quite frankly these are the

14:38

attachment Styles in relationships and

14:40

if you are dealing with these in your

14:41

relationships if you're in a

14:42

relationship with someone like this

14:44

doesn't even have to be a romantic

14:45

relationship if you're your friend your

14:47

cousin your sister your mom your whoever

14:49

is facing one of these attachment issues

14:51

well number one if you are secure you

14:53

might understand a little bit more about

14:54

why you're you're kind of backing off

14:56

from them if you are one of these and

14:57

you understand now why the secure people

14:59

have backed off from you you understand

15:01

why you have been suckered into

15:03

relationships through love bombing you

15:05

understand that you are overwhelming and

15:06

and smothering the avoidant person maybe

15:09

you are the avoidant person you

15:10

understand oh no I've been I've been

15:12

love bombing people without meaning to

15:14

without realizing what I was doing that

15:15

can happen and if you're an avoidant

15:17

person watching this saying is it really

15:19

possible for people to work together in

15:21

good faith yes it is really common for

15:23

avoidant people do that and ask and

15:24

wonder that because it is it's a big

15:26

mindset shift from where you're usually

15:28

at DIS people watching this will

15:30

probably say oh I hate every minute of

15:31

this just tell me how to fix it I have

15:33

again tons of resources go ahead and

15:36

check out the rest of my website or the

15:37

rest of my YouTube channel here I have

15:40

150 guides plus a tons of shorts it's

15:43

it's over 250 videos at this point here

15:45

on this channel especially check out

15:47

Adam Lane Smith the psychology of

15:48

attachment check out fixing your

15:50

attachment and check out one video that

15:51

I really am proud of called how to

15:53

improve your Communication in under 9

15:55

minutes check that out over here on my

15:56

YouTube channel that will show you how

15:58

to share your needs with other people

15:59

and it will show you what what secure

16:01

people get that insecure attachment

16:03

Styles don't quite understand that will

16:05

help you really make a big move in that

16:07

direction if you want more resources

16:09

check Adam Lanes smith.com again I've

16:12

got my attachment boot camp video course

16:13

I have a private community of people who

16:15

are becoming secure so if you want to

16:17

get that support from people and see

16:18

what secure relationship looks like they

16:20

won't be able to say no because you'll

16:21

be joining the group so you'll be you no

16:23

you'll pop into the community and we

16:25

will be glad to have you there and we

16:26

will show you how to become secure like

16:28

the rest of of us as you do this at work

16:30

as you improve your you will notice that

16:32

your relationships start to heal and

16:34

that you start to heal that is the goal

16:36

here through all of this work is to

16:38

build secure attachment so I want to

16:39

hammer that point home right here at the

16:41

end you can fix your attachment you can

16:43

become secure check all my resources and

16:45

by the way drop me a comment down below

16:48

let me know what is your attachment

16:49

style which one of these four did you

16:51

identify most with do you find yourself

16:52

craving approval anxious style do you

16:54

find yourself worried about other people

16:56

getting too close so you have to stay

16:57

back from them avoid style are you a

16:59

blend of the two the hot and the cold

17:01

and the you can't fire me I quit

17:03

disorganized style drop that down and

17:04

just say you can't fire me because I

17:06

quit just drop that down in the comments

17:08

maybe you're secure and you're surprised

17:10

and happy to learn that I'm surprised

17:11

and happy to learn that too I get those

17:13

comments once in a while hey I just

17:14

found out I'm actually pretty

17:16

secure I love hearing that news drop

17:19

those comments down below let me know

17:20

your style and honestly let me know how

17:23

you feel about it

17:27

[Music]