

have you ever felt like your partner desperately wants closeness but the moment you get too close they pull away

0:06

they shut down or they even push you away completely one day they're all in

0:12

the next they're emotionally unavailable distant or even starting fights out of nowhere but after things calm down again

0:19

they Circle back and they pretend nothing happened at all hot cold hot

0:25

again and you're constantly left wondering what just happened if this sounds familiar you are probably in love

0:32

with somebody who has a fearful avoidant attachment style and in my new breakdown of the eight attachment Styles

0:38

traditionally identified as four which is insufficient to cover the important distinctions behind the manifested

0:44

behaviors this is called a loud disorganized attachment style because the behaviors are highly chaotic they're

0:51

easily observed and they feel quite loud to everybody involved and trust me this

0:57

is not your average Relationship Challenge I will be honest with you as the attachment specialist the loud

1:03

disorganized attachment style is perhaps the most complex and paradoxical attachment style because of its chaotic

1:10

impact on the person and their partner and also because of How likely they are to sabotage their own repair process

1:17

unlike secure individuals who experience emotional connection as a source of safety or ethical avoidance who distance

1:24

themselves from intimacy altogether loud disorganized people live in a constant

1:30

pushpull dynamic they crave deep emotional closeness and connection but

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they also instinctively fear it that creates a cycle of seeking connection then sabotaging it the moment it feels

1:42

real they also are likely to experience a delayed phobic response to the bonding

1:47

hormone oxytocin which is supposed to make you feel safe but to them it brings first safety and then Terror as they

1:55

consider the terrible anticipated pain that they feel must follow that level of

2:01

closeness now I want to be clear here this pattern is not about indecisiveness or emotional immaturity it's rooted in

2:08

deep seated nervous system dysregulation from a trauma response for a loud disorganized person intimacy is both the

2:16

solution and the problem on one hand they long for love validation and

2:21

emotional Security on the other hand their body reacts to closeness as if it's a threat triggering fight ORF

2:28

flight responses defensive behaviors and unpredictable emotional shifts this

2:33

leads to a cycle where they unconsciously test their partner's commitment over and over withdraw when

2:39

emotions feel too overwhelming and later experience terrible agonizing regret for pushing love away at its core loud

2:46

disorganized attachment cell is not just about inconsistent Behavior it's about a nervous system that has never learned

Understanding Fearful Avoidant Attachment in Relationships

2:53

how to feel truly safe in relationships and if this pattern isn't understood and addressed it can create endless

2:59

emotional turmoil not only for the fearful avoidant themselves but also for their Partners who struggle to navigate

3:06

these mixed signals and I also want to say this right now understanding this attachment style is not about judgment

3:12

these people are suffering enough and they don't need us demonizing them and that's not the point of this video the

3:19

point is about recognizing their real emotional and psychological barriers to intimacy and learning how to build a

3:25

connection that Fosters trust safety and stability over time but here's the secret fearful avoidance are not doomed

3:32

to fail in love there is a way to break through to create deep lasting intimacy

3:38

with them and I'm going to show you exactly how to do that first let's align on what Partners experience in

3:44

connection with a loud disorganized person so you can be sure this fits your pattern here's what it feels like to be

3:50

in love with a fearful avoidant or loud disorganized being in a relationship with this fearful avoidant loud

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disorganized person often feels like an ongoing roller coaster of emotional closeness followed by unexpected

4:03

withdrawal these individuals experience a deep internal conflict between their need for connection and their fear of it

4:09

on the surface they will actively seek intimacy with you they'll talk about it

4:14

they'll share it or sometimes they'll go the other direction and claim they don't want it even as they are desperately

4:20

chasing it and they'll Express a strong desire for emotional depth and vulnerability at the same time however

4:26

the moment the relationship starts to feel secure to them their nervous system interprets closeness as that Potential

4:33

Threat this triggers a protective response distancing behaviors emotional shutdown even preemptive sabotage of the

4:40

relationship one thing I tell people is that being in a relationship with a loud disorganized s fearful avoidant is very

4:46

much like having someone sweep you off your feet and carry you into a beautiful cabin where they and they say we will

4:52

live here together and be happily married and the moment the door closes they panic and say oh god what have I

4:58

done they light the curtains on fire and jump out the window and Escape running into the woods into the night but then

5:05

at one moment they say oh no now I'm lonely they come back they kick in the front door and say hey I'm here to save

5:11

you from the fire they sweep you off your feet again and run into the woods and say isn't it lucky I was there to

5:17

rescue you now let's go find another cabin to live in and the cycle repeats over and over and over it is deep

5:23

romantic emotional intimacy followed by huge fear and and destruction and Then

Understanding Disregulated Attachment Systems

5:30

followed by Panic at loss and then reconnection and more romantic connection again it's a painful cycle

5:36

quite honestly for both of you and again it's very very important that we understand that this behaviors are not

5:42

rooted in a lack of care or investment or being a bad person rather it's a

5:48

disregulated attachment system which reflects a disregulated nervous system

5:53

for these fearful avoidant people they've often experienced inconsistent or unpredictable emotional moments

5:59

moments early in life leading their brains to associate intimacy with instability for example in childhood not

6:07

only did they somehow develop anxious attachment which is learned helplessness around intimacy and connection and

6:13

become fawning and approval seeking they also got hurt so much that that wasn't enough to make them feel safe so then

6:21

they flipped and get a second attachment wound and also became avoidant and learned to not let other people get

6:27

close they actually fear close because closeness is the one thing that has hurt

6:32

them the most from early early childhood now most people with loud

6:38

disorganized attachment style and again fearful avoidant for many of you I I know a lot of these people had Parents

6:45

with personality disorders or extreme trauma or very loud disorganized attachment themes so they're recreating

6:52

patterns from not only inconsistent caregivers but harmful terrifying caregivers maybe their caregivers were

6:59

malicious maybe they weren't but either way this child was hurt and terrified so

7:05

many times they learned that closeness itself is the greatest existential danger there is that's why they want it

7:13

and that's why they freak out now in particular watch for some very specific behaviors as a result of this they might

7:20

do a few things like initiate conflict when things are going well as an unconscious way to maintain emotional

7:27

control and escape from the danger of of closeness they might withdraw emotionally or physically when they feel

7:34

deeply connected to you you might have an amazing bedroom experience and they get up and they feel great they go to

7:40

the bathroom to brush their hair and then you find the window open and they've escaped into the night things

7:45

like that and and even if it's not that literal it can feel that way emotionally they might Express a need for space or

7:52

Independence very strongly but later experience regret and emotional distress over the distance they created and ask

7:58

why you've abandoned to them for their Partners this Dynamic can feel obviously confusing and emotionally exhausting the

8:05

unpredictability of the relationship can lead to heightened anxiety a lot of self-doubt as you wonder is this me is

8:12

it my fault What's Happening Here what what am I doing that's causing this and that can lead to a cycle of

8:18

overcompensating to stabilize the connection this is why a lot of traditional relationship advice such as

8:24

increasing your reassurance or pursuing more closeness often backfires it

8:29

enforces that fearful avoidance discomfort with intimacy you are giving them the thing that will help and also

8:35

the thing that will destroy it's going to work until it doesn't work now understanding this cycle right here is

Breaking the Cycle of Fearful Avoidance

8:43

absolutely essential for breaking it and again a lot of this sounds catastrophically bad some of you might

8:48

be in the comments right now saying I would never date this person again right

8:53

they left me so so emotionally damaged and this can leave a lot of pain and damage again purpose of this video not

9:01

to demonize the purpose of this video educate and help fearful avoidance and

9:06

their Partners to understand exactly what's happening so instead of responding to their distancing behaviors

9:12

with emotional pressure or withdrawal a different structured approach to emotional security is absolutely

9:18

mandatory that's what I'm going to explore with you next let's do it so here it is the heart of the video you

9:24

saw the title you came in you want those five secrets to build the intimate bond with a fearful avoidant or a loud

9:30

disorganized person now that you understand what's going on let's get into these five Secrets now quick

9:35

disclaimer that's a good one each of the following five Secrets is designed to counteract the neurological and

9:41

psychological mechanisms that drive loud disorganized attachment style fearful avoidant people are not choosing to push

9:48

love away it's a conditioned response from their nervous system shaped by past experiences that taught them intimacy is

9:55

both necessary and dangerous their attachment system in a state of constant

10:01

contradiction which is why standard relationship advice fails so with each

10:06

secret I'm going to break down exactly and actually what's happening in their brain for example how their nervous

10:12

systems responding and why each secret disrupts the cycle and creates lasting emotional Security in the relationship

10:19

for both of you secret number one stop proving Your Love create predictability

10:26

instead now why does this work remember that loud disorganized people grew up in

10:32

unpredictable emotional environments where love was either inconsistent conditional or even a source of pain

10:38

this trained their amygdala the brain's fear Center to associate deep emotional

10:43

connection with potential danger as a result their nervous system operates in

10:49

a heightened state of hypervigilance constantly scanning for signs that they will be hurt abandoned or overwhelmed

10:57

now every time you try to prove Your Love through reassurance through emotional intensity or heightened

Understanding Fearful Avoidant Behavior

11:03

expressions of commitment their amygdala detects this as a pattern from the past and triggers an automatic fight ORF

11:09

flight response this is why they pull away they shut down or even they even start conflict seemingly out of nowhere

11:17

their system detects that oxytocin flow the bonding hormone and you soothe it

11:23

into them and they go oh that feels so good I feel so safe and they start to calm down and then they're brain says I

11:30

remember when I was a kid the moments I felt safe was right before the most horrible painful things in my life I'm

11:38

feeling safe right now that means something horrible is probably coming I

11:44

need to be more terrified I need to run I need to get out if you remember that

11:50

scene in the old movie from the 90s Jurassic Park where the T-Rex is coming and walking and they're seeing the water

11:57

in the cup Rippling that's that's what a fearful avoidant person feels and sees

12:02

as you are loving them as you're caring for them they just see the water Ripples and say what is coming to eat me that's

12:10

what their brain is freaking out about now the only way to override this is to create emotional predictability the

12:16

right predictability that nothing bad is coming that emotional closeness actually

12:22

leads to additional safety the prefrontal cortex the brain's rational thought Center where you make

12:28

judgments can only override the amygdala's fear response when it has enough consistent data to prove that

12:36

intimacy is not a threat this means yes yay one time in your life you made them

12:41

feel safe or for five weeks or six months you you have helped them feel loved and safe when for the entire

12:48

expanse of their life their logical brain and their emotional brain say we have all this data you know 25 30 35

12:55

years of data saying that emotional closeness is terrifying and then we have

13:01

three months of happiness with you where you haven't hurt me yet maybe you just haven't done it yet but I know it's

13:08

coming that is not enough data you probably can't beat 35 years but you can

13:13

beat depth reasoning and differentiation there's a few ways you can do this okay

13:19

one thing you can do for example consistent check-ins at the same time each day this creates stability in their

13:26

nervous system consistently check in in at the same time so they never have to

13:31

say I haven't heard from them in two hours they're probably cheating on me right now somewhere it's hey I always

13:37

hear from them at these times we check in we check in we check in and that is constant ongoing

13:45

consistency regulated emotional reactions if they pull away stay calm

13:50

stay neutral instead of overreacting when you overreact and Chase they get terrified and say oh this is it this is

13:58

the bad moment and then if you guys fight this is the bad moment it's actually Perpetual bias that they're

Understanding Attachment Patterns in Relationships

14:04

recreating them they're making the bad thing happen but it's still proof that bad things happen after they're close as

14:11

you stay calm and neutral they get close with you they freak out and run and nothing happens then they come back and

14:18

you talk about it and say hi that was weird why'd you dive under the table let's have a conversation let's just be

14:24

calm this pattern of real reliability is absolutely crucial you need to show up

14:29

as the one stable factor in their life so their brain begins to associate your presence with safety they no longer

14:37

believe that you are that thing that's going to hurt them they don't see the T-Rex water movement anymore what they

14:43

see is calm consistency and talking to them about this letting them know that

14:50

you're going to be this way and letting them know that you're consistent and even asking them about it and processing

14:55

it with them very important over time as who do this it can restructure their

15:01

internal attachment map proving that love doesn't have to be chaotic or painful at the bare minimum we need to

15:07

carve out an exception for you but a confirmed proven trusted exception now

15:13

the second secret for this intimacy is to master the pushpull cycle and to use

15:18

it in fact to your advantage now here's why this works loud disorganized people exist in a constant biological

15:25

contradiction their attachment system craves closeness activating on oxytocin

15:31

serotonin dopamine all the reward seeking Comfort seeking all of those

15:36

bonding pieces in their brain but as soon as they feel safe and they get those chemicals their autonomic nervous

15:43

system perceives this as a loss of control and triggers a cortisol spike out of control this floods their system

15:50

with stress hormones instead to overwhelm the good feelings on purpose

15:55

and makes them feel trapped panicked and overwhelmed now perhaps rightly so and

16:01

not knowing what to do a lot of Partners respond at this moment by doing a couple things sometimes chasing harder which

16:09

reinforces the loud disorganized person's beliefs that closeness means Suffocation they are now being chased by

16:15

that T-Rex that is trying to eat them or some Partners pull away completely and

16:21

shut down which confirms Their Fear of Abandonment either way is not the

16:26

approach instead of feeding into the attachment Panic you must balance the need for autonomy and connection by

16:34

doing a couple of key things the first thing that you can do here is to let them pull away without chasing number

16:39

one their nervous system remember needs that space to re-regulate before they re-engage but number two you don't just

16:46

let them pull away and just do nothing this is not passive you let them pull away to breathe and you can let them

Building a Balanced Relationship with a Fearful Avoidant Partner

16:52

know hey I'm letting you pull away I just want you to know I you seem you seem nervous or you seem like you feel

16:59

safe if you need some space right now I totally understand I want you to let I want to let you know I'm not going to

17:04

chase you when you're ready to reconnect please send me a text I'm really looking forward to it let them know you're

17:10

pulling away and then let them go for a bit not endlessly we'll talk about the boundaries on that too the second thing

17:16

you can do is match their Rhythm instead of trying to force a connection when they pull away reduce the pressure go do

17:23

something fun go hang out with your friend go hang out with your mom go play some video games go breathe go do

17:28

something on your own don't just sit there waiting by the window crying in a rocking chair wrapped in a Shaw waiting

17:34

for them to come home go do something in your life match their energy in that way then when they engage meet them with

17:41

warmth but o don't over intensify in fact during the relationship you can use

17:47

their Rhythm to actually regulate yourself in some ways hey when we're connected it feels amazing when you

17:52

freak out and set the place on fire I'm just going to go outside and hang out in the grass that sounds good you you you

17:58

can step step in and out and get what you need as well and you can let them know you're doing this this allows you

18:04

to create a steady rhythm of closeness and Independence and this teaches their brain that connection doesn't mean

18:10

enmeshment and space doesn't mean abandonment because remember they take space then they feel abandoned they get

18:17

close then they feel smothered and smothered as you match that and step in and out

18:22

it's like it's like installing a cat door on your front on the front wall so that they can come and go as they need

18:29

instead of freaking out please let me in let me in let me in oh God why did I come in here let me out let me out let

18:34

me out you just let them regulate themselves and then you just high-five them every time they come in and you Pat

18:40

them on the tail every time they walk out you just say hey cool good to see you as they come and go now this is not forever I want to make this very clear a

18:47

lot of you listening might say I can't live this way forever no this is to build the intimacy with them and help

18:53

them regulate and calm their nervous system yes they should also be learning to regulate their nervous system they

18:58

should be doing their own work and this is not an indefinite process but if you are currently in love with a fearful

19:03

avoidant SL loud disorganized you probably don't want to hear me say just leave them and find someone secure you

19:09

legitimately care about this human being so if you're wanting to build the intimacy this is how you do it okay as

19:15

you do this this method gradually rewires their association with intimacy making it feel safer rather than

19:23

overwhelming all of that leads us to secret number three to speak in actions not just in words here's why this one

Speaking in Actions to Build Trust

19:30

works loud disorganized people have learned that words are often manipulative or they're empty or they're

19:36

misleading their lies their experiences have reinforced the belief that people say I love you or I'm here for you but

19:43

later betray abandon or suffocate them sometimes I love you actually feels like

19:49

I'm going to hurt you and and it terrifies them as a result their anterior singulate cortex which

19:54

processes emotional significance filters words through a lens of skepticism and

20:00

self- protection this is why verbal reassurance alone does not make them

20:05

feel safe it activates their doubt more than their

20:10

trust you're going to have to help reprogram this now to do that you don't use words alone which get filtered that

20:17

way you rebuild trust and intimacy and Anchor Security in actions not just

20:22

words by yes saying things and then following through fully on what you say

20:28

the consistency between words and actions helps rewire those distrust circuits over time I know you mean what

20:36

you say other people might not but you always do allowing some space instead of

20:43

forcing reassurance lets them initiate reconnection on their own time instead

20:49

of trying to talk them out of their Fears let them pull away a bit let their nervous system cool down and regulate

20:55

when they're calmer they realize what's going on and come back to you you're not going to have a very good time when you try to chase them and get hold of them

21:01

and make them connect with you in that moment because they're so amped up they're ready to fight if they can't get

21:07

away you let them get away so the fight Instinct goes down and they say wait

21:12

what am I doing how did I get here what's happening then they come back and

21:18

demonstrating your presence instead of your emotional intimate intensity instead of saying I'll always be here

21:24

simply show it by staying steady when they need space and you can should verbalize that as out loud as well

21:30

remember it's not just actions you're not you're not an emotional gargoyle who sits there and does nothing your job is

21:37

to say what you're going to do and then stick to it prove your actions and words

21:43

align so they can trust your words these seemingly but actually very large subtle

21:49

shifts bypass their cognitive resistance to reassurance and that helps them associate love with stability rather

21:57

than with fear C number four this is a good one reward emotional openness don't

22:04

demand it okay here's why this works for a loud disorganized person vulnerability

22:09

feels like exposure it's a state where they're at constant risk of being judged manipulated hurt rejected traumatized

Navigating Emotional Intimacy in Relationships

22:18

their brain processes emotional openness as a high stakes risk which is why they

22:23

often Retreat after sharing something meaningful the rubber band effect if if

22:28

their emotional efforts are met with intensity or over analysis their nervous system immediately interprets this as a

22:35

loss of control which causes them to retreat and when I say Retreat what I mean is run screaming so if you want

22:42

more emotional intimacy and you want to keep things calm here's how to encourage more sharing first thing you could do is

22:48

respond with validation not interrogation a simple hey you know what I appreciate you telling me that it

22:54

means a lot to me when you open up so thank you it's more effective than pushing for more I've worked with a

23:01

lot of couples and quite often the man opens up a little and the woman goes

23:06

finally and then she starts digging for every detail she can get because she's

23:11

been starved emotionally and that digging overwhelms him so then he pulls

23:17

back and shuts down and now she feels resentful hurt and shut out of Paradise

23:22

The Gates have closed in her face right when the getting was good so keep in mind yes your emotional starvation can

23:30

be very real yes Their Fear can be very real we are two human beings we've got to kind of work together saying I really

23:36

appreciate that you shared that with me it means so much to me when you share allowing that emotional openness to

23:42

happen on their timeline instead of asking hey what's wrong when they withdraw waiting for them to come to you

23:47

maybe even sending a text hey you know what it seems like something might be a little off if so I'd love to talk about

23:53

it with you when you're ready give me a heads up on when that might be setting that time

23:58

noting it having healthy boundaries I want to talk about it but also giving them control over when so they can give

24:04

you a time they can calm down then they can come back this is a really good pattern and it also regulates you

24:10

because you don't feel like you're endlessly waiting on someone else's time and then finally creating a safe

24:17

safer area in your relationship where sharing is a little bit more optional it's not mandatory it makes

24:24

vulnerability feel like a choice rather than reducing their fear of being trapped not you have to share with me I

24:29

don't know what you no hey it means so much to me when you share with me it really improves things for me it makes

24:36

me feel at peace it makes me feel closer to you and that just enhances our relationship for us to be together in

24:43

the best way the more you share with me the better it goes can I help you with that what can I do to help you feel more

24:49

comfortable as you share things with me great conversation piece again this is

Building Trust and Emotional Safety in Relationships

24:54

not about you being a doormat or over passive and just letting them set

25:00

everything you need boundaries and you have you have needs too but being clear about them in a way that enhances the

25:06

trust instead of crushing it over time as you do this it trains their nervous system to associate emotional sharing

25:13

with relief rather than risk and the fifth secret this is a good one teach

25:19

them that love is not a trap it's a choice now why does this work because

25:24

loud disorganized people don't really resist love itself they resist the overwhelming feeling of powerlessness in

25:31

love and the pain that comes after the moment of Happiness their nervous system

25:36

equates commitment with control because now you'll hurt them forever and triggering an unconscious need to push

25:43

back is what exactly spirals them out they'll test boundaries they'll create

25:49

distance they'll run they do all kinds of things to try to say am I still safe

25:55

this is why ultimatums pressure or need to talk conversations make them run screaming

26:01

this is the moment I knew it was coming this is the terror I've been waiting for

26:07

their brain interprets pushing for commitment as a loss of Independence which triggers their dorsolateral

26:13

prefrontal cortex which governs decision making and self-preservation by the way

26:19

and it overrides emotional closeness in favor of self- protection so if this is something you want to do you want to

26:24

build an emotionally intimate connected committed relationship with a person who happens to have loud disorganized SL

26:30

fearful avoidance style do a couple of things here to help them feel safe in that commitment number one frame

26:37

connection as a choice not an obligation instead of I need you to commit say I want us to choose each other every day I

26:44

know this will bring us the best relationship how can we do that together and also big one normalize some

26:52

space within the relationship show that love doesn't mean constant enmeshment my wife and I would we got to together at

26:58

the first time there were a lot of very young couples around us who just couldn't stop hanging all over each

27:03

other and we talked about them skin grafting to each other they just have been skin grafted together they are now

27:09

one entity and we would laugh at that because it's that overwhelming and meshmen that's not healthy and

27:15

eventually what that does is rip apart the relationship you need to be able to separate and come back together in calm

27:21

normal ways normalize that space my wife and I we have always set times of the

27:26

week a night or two where each of us will be apart from each other so that we can do our own activities even if that

27:32

means one of us is in the bedroom hanging out reading a book and the other one is somewhere else talking on the phone to a friend even if that's the

Building Independence in Relationships

27:40

distance we talk about it and build that in so that we know we have time apart we

27:46

also schedule the time together so that we know when we're going to be together and it just so happens the time together

27:51

is actually a lot more than the time apart time apart lets you cool down the time apart the time together lets you

27:57

heat up think about it that way create a relationship structure that includes some of this Independence when the other

28:04

person sees that love doesn't erase their autonomy and push them into a system where they're going to be hurt

28:10

over and over and over like they were as a child their fear response will begin to fade this rewires their whole

28:17

association with commitment and allows them to stay without feeling the need to escape ever again now you've watched

28:23

this video so far hopefully this has been helpful if you have questions please drop them down below the video is

28:28

not done okay I have a lot more to share with you here's what you can expect to see when these secrets are implemented

28:35

in your relationship here's what you should be seeing if it's working well instead of walking on eggshells you

28:42

their partner should begin experiencing couple of things first one is fewer emotional shutdowns or sudden

28:48

withdrawals you shouldn't see them disconnecting fleeing from the building you shouldn't Sniff and then look over and the curtains are on fire the

28:54

window's broken and they're running down the street that should start to cease decrease over time and then shut down

29:01

they might light the curtain on fire and then say oops and then put it out really quick no running needed right it will

29:06

shut down the shutdowns think of it that way you'll also see more consistent emotional engagement without Panic

29:13

they'll calm down they might actually connect with you and they might go and they might actually talk out loud

29:19

I can get through this hey it's okay I'm really enjoying that this with you I'm just having this moment especially as

29:24

they're doing their own work they might actually verbalize out loud so of this to you and you can actually work with

29:30

them on their regulation and say hey I understand take a moment breathe it's totally okay if if if there's anything I

29:37

can do just let me know you can calm down with them okay a you should also see a steady rhythm of closeness that

29:44

feels natural rather than forced they'll actually connect with you a lot deeper they'll be more calm more steady if

29:51

you've ever held an animal that's shivering in absolute Terror and and

29:56

then you start to feel it Calm down and the Shivering stops and it kind of warms up and it kind of nuzzles against

30:02

you a little bit and wraps its body around you that's the feeling you're going to start having in this relationship and the biggest piece is

Transforming Fear-Based to Trust-Based Connections in Relationships

30:09

you're going to see a shift from fear-based loved to trust based connection they'll

30:16

trust you they'll say yeah but you won't do that yes but you you will be the

30:23

exception in their life and maybe the first exception hopefully the first of several maybe they have friends friends

30:28

maybe even family that they can start trusting but you will become an exception and they'll talk about you that way now let's be very clear these

30:35

changes don't happen overnight and they also don't happen if you are the only person trying to make changes in the

30:41

relationship you're loud disorganized SL fearful avoidant person does need to be doing their work they do need to be

30:48

regulating they do need to be trying to get better they at least need to be aware of some of this maybe they need to watch this video with you but by

30:54

applying these techniques from your side and working with them during these and explaining what you're doing maybe watch

31:00

this video and implement it as a couple you can help train their nervous system to associate love with safety rather

31:07

than with fear and this is what creates that real lasting intimacy together as a

31:13

couple now if you are very serious about building a deep bond with a fearful avoidant person I want you to know that

31:18

I'm hosting a free live Master Class here on YouTube live where I will go deeper into exactly how to build real

31:25

lasting Security in your relationship so if you have questions or need help drop your questions in the comments below

31:32

because my team and I will pick the 10 most impactful questions to discuss live

31:37

in that Master Class make sure you drop down there see what other people are saying and upvote give a little thumbs up to the questions down below that you

31:44

want to hear answered or leave your own questions in the live stream as you guys upvote those we're going to take the top

31:50

10 that are most upvoted and ask those and answer them live in the Q&A you can

31:55

also find that live stream in the lives section here on my channel go in there you'll see the scheduled ones click on

32:01

that set reminders and come to those I'd love to see you there and I'd love to answer your questions remember that

32:08

questions will only be taken from the comments here so that we can address the most important struggles directly so if

32:13

you want answers make sure you drop those now here's what I want to leave you with here today most people give up

32:20

on fearful avoidance way too soon they believe that they are impossible to

32:26

love let me say this very clearly fearful avoidant people loud

32:32

disorganized people are not impossible to love they are different but they're not impossible and if you don't learn

32:39

how to navigate their fears the right way you will either lose them completely or Worse you're going to stay stuck in a

Breaking the Cycle of Pain in Relationships

32:45

cycle of pain that never changes for either one of you so if you want real love not just the constant push and pull

32:53

drop your questions below and I'll see you in the live session I'm Adam Lane Smith the the attachment specialist

32:58

please make sure you like subscribe turn on notifications and I'll see you in that live stream