

did you know that a series of truly disturbing Mouse experiments conducted 60 years ago predicted America's modern

0:06

dating disaster our mental health epidemics and the breakdown of our families in fact all of our Social

0:13

Challenges the modern dating issues divorce epidemics people abandoning their children sex addictions only fans

0:21

even drug addictions and mass shootings were all mapped out 60 years ago I'm

0:26

going to use these experiments and neurological data and look lots of Statistics I've pulled from around the world over the last 30 years to show why

0:33

I believe that a social collapse is not coming we've already experience the

0:39

collapse in fact I believe we are living in the rubble of a society right now but

0:44

I also believe the answer for how to create a better future for Generations right now who are growing up comes from

0:50

a proven theory that I have seen bring shattered families back together into

0:55

loving connected family systems and I've seen it help individuals who live in

1:00

total despair to reclaim their passion for life and full functionality I am

1:06

Adam Lane Smith the attachment specialist I have 15 years of training and experience first as a licensed

1:13

marriage and family therapist who worked extensively with at-risk families with Correctional clients and with people at

1:19

the top levels in high level entrepreneur positions executive positions and trust fund families I have

1:24

worked with everybody across the entire Spectrum now I work as an attachment specialist showing people how to rebuild

1:31

their life and their relationships using something called attachment Theory which brings secure fulfilling and sustainable

1:38

relationships even if you've never experienced that before now this video is going to be a wild ride but by the

1:45

end of it you are going to see exactly what's wrong with modern society and how I believe we are going to fix it so

1:52

let's get right into it now my clinical supervisor back when I was becoming a licensed psychotherapist used to tell me

1:57

that we have to understand a problem before we can build a solution so let's talk about the problem number one

2:04

romance is struggling Pew research found that 63% of men 24 and under are single

2:12

but 34% of women are single what 52% of

2:17

the population is female 48% of the population is male how is over half of

2:22

men single but less than half of women are single in fact a lot of women are

2:27

often unknowingly dating the same man in fact that might be why research from the University College London shows that 70%

2:34

of relationships do not even survive the first year now for those relationships that do survive here in the United

2:40

States 39% of first marriages and 50% of

2:45

all marriages will experience divorce and an estimated 2third of all marriages

2:51

will experience some kind of affair during the LI of that marriage now divorce rates are actually decreasing

2:58

that's the good news but it's actually bad news because it's only decreasing because the number of people who are

3:03

even bothering to get married anymore is also decreasing so romance big trouble what

3:10

if you just choose to stay single what if you just avoid romance cut that part out and let's forget that that exists

3:15

what if you stay single well 65% of Millennials that's people aged 24 to 42

3:21

report feeling lonely every single day with 35% of that group reporting feeling

3:27

so lonely that they're experiencing crushing severe depression because of

3:32

that loneliness and isolation now the research is split on how bad it is for Gen Z for example the Harvard Graduate

3:38

School of Education study found that 29% of gen Z struggles with depression and about 36% of the people they interviewed

3:45

struggled with anxiety now according to the Pew Research Center it's even worse 70% of teen respondents there said that

3:52

their friends have serious problems with anxiety and depression okay but that's sad people

3:59

are stressed out romance isn't working does that mean that Society has collapsed well let's talk about these

4:05

statistics the Substance Abuse and Mental Health Services Administration research that was conducted in 2021

4:10

revealed that nearly one in three adults in America had either a substance use

4:15

disorder or a mental illness in the past year onethird are either addicted or have a

4:22

disorder from stress and mental problems that's pretty big onethird okay now

4:27

according to the CDC the the number of people who died from drug overdoses in

4:33

2021 was over six times the number of people who died that way in 1999 so

4:39

drugs mental health problems romance all of that is collapsing what about families let's try families okay nearly

The Collapse of Families and Its Consequences

4:45

half of all babies born in the US now are born to completely unmarried mothers is that a problem I don't know let's

4:51

talk about this next piece the US Census Bureau says that one in four children currently live without a father in the

4:57

home at all is that a problem well I don't know let's talk about this a Michigan State University study recently

5:04

found that 75% of examined adolescent murderers came from fatherless homes now this

5:11

includes Mass murderers Mass murderers make up a gigantic portion of that fatherless home issue almost impossible

5:18

to find a mass murderer who had a father living in the home almost impossible now are the kids doing okay apart from that

5:24

are the kids doing all right as long as you don't murder anybody what's going to happen well 63% of what so-called self-

5:31

delions in youth when you harm yourself to the end you can't say this on YouTube self- delions in youth came from

5:37

fatherless homes this is according to the US Department of Health by the way 63% statistics show that self-d deltion

5:44

is the top cause of death for young people between 15 and 24 and nearly 20%

5:51

of all us high school students say that they have thought about committing it with 9% 9% of you us high school

6:00

students saying that they have made an active attempt to remove themsel from this world what if I told you that one

6:06

and 10 kids is is trying to remove themselves from this world would you say that's a pretty healthy

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Society try this out pediatricians have begun sounding the alarm in The Last 5 Years about self-d
deltion attempts

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among kids as young as 11 years old they say they have never seen as many 11-year-old attempts
as they have today

6:26

does this sound like a functioning healthy Society if that's happening at every level and Society is
unraveling

6:32

this way do you think that we're a healthy Society or maybe we've collapsed well this next piece I
think puts the

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nail in the coffin the biggest statistic that I believe summarizes all of them from four different
studies conducted

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from 1999 up to 2010 they suggest that up to half of the population in America

6:49

now has what we call an insecure attachment style we'll talk about that in a minute this has grown
from 35%

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estimated back in the 1980s to the modern numbers of 50% and indicators

7:01

actually say it could be way worse in the younger Generations today who are raised in modern
society especially gen

7:08

Z perhaps up to 65% having attachment issues 2third how

7:14

would you like 2third of your population have insecure attachment so what is insecure attachment
what does it mean

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let's look at those statistics for a minute and then explain exactly what this means to you because when I look at these statistics as an expert in the

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field as a former psychotherapist as an attachment specialist this looks like a society plagued with misery and mental

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health problems craving escape this is a broken Society now the attachment issues

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in particular are a huge marker for me and we need to pay attention to it okay this is why attachment theory was

7:45

developed by British psychologist John Bowlby in the late 1950s and early 1960s it was later expanded by Mary Ainsworth

7:52

who introduced the concept of attachment styles through her strange situation classifications basically how you learn

8:00

to get your needs met and stay safe as a kid the skill set and mindset you learn as a small child grows with you into

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adulthood now this Theory posits that children are specifically biologically predisposed to form attachments with

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their caregivers as a means of survival but the way they form that connection determines everything these attachments

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influence that child's emotional social cognitive development everything modern research from several different groups

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in the last two decades backs up an idea that the ability for this attachment to

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get broken your ability to connect with caregivers who are inconsistent who are hurtful who are distracted who are

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absent that Brokenness to then shift and connect to your world in a safer way

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that per that pushes other people away and keeps you safe from them is a survival adaptation designed for an

8:49

extreme environment where it's advantageous to assume nobody is ever going to love you or care about you so

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you adapt as we see about 2/3 of of gen Z adapting and about half of all us

9:02

adults in total so why would we have this adaptation well let's Imagine A Thousand Years the Danes who we call the

9:08

Vikings sailing up the coast right they burn your village to the ground they kill everybody you care about they

The Destruction of Generations and the Inability to Connect

9:13

kidnap you they take you back to Denmark and now you have nobody to support you you have to survive alone among hostile

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strangers who are going to most likely hurt you you won't be secure you won't be happy you're not going to be loved

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you are going to beg for mercy and seek a approval from other people or you're going to become hardened to survive in a

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ruthless environment where nobody cares for you and you have nobody to watch your back this is attachment this is why

9:41

we developed it and that is what all modern Generations are showing here in America is signs of that level of

9:48

dysfunction at the inability to connect with other human beings an Extreme Survival environment yes in modern day

9:55

America now why is this happening through my research as an attachment specialist what I've studied and found is that over the last 100 years

10:02

Generations have been traumatized wounded and lost their ability to connect with others back in the early

10:07

1900s families started shifting into cities to try to survive to try to get jobs but with World War I we lost a

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whole generation of men in a meat grinder over in Europe that Lost Generation was broken and tremendous

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problems plagued families after that who then came home and had to try to survive through the Roaring 20s through all that

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fun and decadence and then crash into the Great Depression into the Dust Bowl into losing your family farms into being

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homeless and shoeless shoved into cities working 16 18 hours a day did you know

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that before Ford came along and created the 40-hour work week the average work week was anywhere from 80 to 100 hours a

10:47

week and you have to live in a one one-bedroom apartment for your entire

10:53

family your family was broken extended family systems were broken most people

10:58

had not traveled Beyond 50 miles from their place of birth prior to that now they traveled States across to try to go

11:04

to California and other urban areas where they could find work this destroyed families then they had to turn

11:11

around and fight World War II the greatest generation and the silent generation went suffering into war and

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destroyed themselves again the second meat grinder hit and what was left was people who learned that suffering was

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the only way to give love to your family and the Baby Boomers came along and about half of of them got it a lot of

11:30

them did not they felt misunderstood unloved uncared for and instead they scattered to find self fulfillment alone

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away from the man and everyone keeping them down they went out and they're currently tripling the divorce rates in

11:44

their 70s and 80s already by breaking up families because they never learned how to feel loved they only learned trauma

11:51

and survival techniques that's where all that trauma and survival comes from is that decades and Decades of Destruction

11:57

and then passed down through multiple Generations if you're watching this video and it seems like it would be easier to have

12:02

somebody guide you through this a mentor to show you exactly what to do step-by step and applying everything you're

12:08

learning here you need to join the attachment Circle mentorship program I will work with you personally for an entire year in 100 plus group calls plus

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you're going to get the support of a growth-minded community of other individuals who be companions on your

12:22

journey people you can trust people you can work with and people you can practice these skills with if you want

12:27

to join us join the attachment Circle mentorship program there's a link below in the description I'll see in there now

12:34

the Baby Boomers had their first generation of kids their first crop the Generation X and Generation Y who tried

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to grow up in a world that they were being prepped for that then was destroyed Generation X Generation Y have

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been silent and just trying to survive and figure out how the new world works but baby boomers then went out and had a

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second crop of kids in their second marriage and said I'm not going to make weak kids like my first marriage I'll

12:56

make kids just like me tough and smart and no one will ever ever overcome them

13:02

ever again cuz I'll teach them to be paranoid about other people and never trust anybody this is why the

13:07

Millennials and the Boomers hate each other because the Millennials were taught never ever ever listen to anybody

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in Authority but you better listen to your parents or else just because they're your parents the Millennials and the boomers

Collapse of Society

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are at endless war now comes Generation Z who has never seen a functioning family system never seen an extended

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family system never seen thriving communities never seen honesty and integrity and a society that values

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honor and love and consistency we now have a society that values individualism

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to the point of insanity Generation Z has never seen a functioning society and

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that's why they are growing up at that 65% estimated rate of severe attachment

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issues as if they were all kidnapped and controlled and killed by the Vikings

13:56

guys I don't think that the collapse that we're all expecting is coming I don't think zombies are going to overtake us I don't think society's

14:02

going to collapse and Decay and we're all going to go back to living in caves I think the collapse has already

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happened we're just living on borrowed time because our technology and our systems keep things running for us but

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Society has collapsed as much as I think it's going to at least in the near future now I said at the beginning of

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this video that a lot of these issues were predicted with a series of disturbing Mouse experiments let's talk about that cuz it's a whole new level

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back in the 1950s the mouse Utopia experiments and particularly Universe 25 of the mouse Utopia experiments were

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conducted by American ethnologist John B Calhoun he provided a fascinating and disturbing glimpse into the population

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Dynamics and behavioral consequences of a large population with unlimited

14:46

resources and no external motivating factors now Universe 25 of these

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experiments was a large enclosure with unlimited food and water and nesting

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materials the total absence of Predators healthy populations of mice with no

15:02

sickness in a gigantic perfect enclosure just for them but with limited space now

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the population initially grew rapidly overwhelming everything doubling every 55 days however after 315 days the

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growth began to slow significantly as the population approached about 620 mice

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now the mouse population density increased and unusual social behavior started emerging this was called a

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behavioral sync by Calhoun this included aggression behaviors withdrawal from

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society failure to engage in any typical Mouse activities like mating or rearing

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their children at all the Society of mice in fact began to break down those normal social roles disappeared

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completely males became either really aggressive or super passive and withdrawn they failed to defend their

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territories they wouldn't even mate the females became very aggressive some

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started neglecting and abandon ing their offspring even attacking their own children for taking up space remember

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they had unlimited resources so they were not fighting over food it was fighting over comfort and space now a

16:09

subset of mice immersion this is really disturbing later called the beautiful ones they isolated themselves from the

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rest of the group kept themselves apart they focused solely on self-grooming they avoided all social interactions

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including mating no fighting and it led to them appearing healthier and more beautiful they were gorgeous completely

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withdrawn completely encroached and and focused on their beauty now some mice were pushed to the fringes of society

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and they started to exhibit increased aggression they lashed out at their peers these Outcast mice would lose

16:42

their place within social order completely then they go out and commit violent acts not just for territory or

16:48

mating but out of stress or frustration further contributing to social chaos and the decline of the

16:54

population this issue they get pushed to the edge and then Lash out and attack

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every Mouse they could get until the other mice put them down mass killings now despite having everything that they

17:05

ever needed an abundance of food even quite a bit of decent space as long as they didn't get too many mice in there

17:11

the population started to decline after reaching that Peak they eventually led to Total Extinction death of every Mouse

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in the experiment this decline was not again due to Resource issues but the total collapse of social structures and

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roles now you probably see some parallels here between the mice and our

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current Society if you go back and combine that with a hundred years of trauma and family breakdown first

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happening in the US and then stack the mice Utopia experiments on top of that I

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believe this is our problem and our neurochemistry proves it let's look really quick at the six brain chemicals

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that drive a lot of human bonding health and happiness so there's six you need to know first cortisol cortisol is a

Understanding Brain Chemicals and Happiness

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gigantic stress hormone that floods your system when something feels uncomfortable High friction scary

18:04

dangerous when you get stressed out cortisol hits your system this is important to know for the next five

18:09

brain chemicals one brain chemical you absolutely have to learn about is called oxytocin oxytocin is a hormone released

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when we feel loved and safe in fact it's called The Love hormone in the absence of cortisol we start to receive oxytocin

18:23

when mom hugs us when someone gives us a kiss on the forehead when we're a baby they hold us they Comfort us if you ever

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wondered why mom kissing your boo boos when you're little if it makes them feel better and why a lot of oxytocin you

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feel loved and it actually suppresses the pain one big thing that oxytocin helps do is release Gaba gamma aminic

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acid now Gaba is an inhibitory neurotransmitter that shuts down anxiety

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and depression it's like a natural anxi anti- anxiety and natural anti-depressant you can take every day

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when you feel loved in fact when you feel loved it's your brain saying I don't have to be scared I'm protected

18:57

and I'm loved it shuts down expression the release of cortisol the severity of cortisol the length of cortisol release

19:03

so you are more resilient against stress because you feel so loved Gaba also happens to help you release melatonin so

19:09

that you can sleep better at night a lot of us have chronic anxiety nowadays and chronic insomnia as well have you noticed that the third chemical you need

19:16

to know about is the bonding hormone vasopressin now vasopressin is enormously important for bonding and it

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bonds you when you solve stress solve cortisol together with somebody else now

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this is based on the research of Dr Sue Carter who shows that in mammals when they release Vaso pressent together

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while bonding and while solving a challenge it creates a powerful positive Association where they feel safe in the

19:40

presence of that creature that helped them solve the problem the more problems you solve the healthier you get what's

19:46

fascinating on this is the research shows that couples who renew their vasopress bonding actually Stay Together

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longer and experience renewed honeymoon phases 2 3 four five six times more and

19:56

more honeymoon periods because the vas of depress comes along and you love being with that person so then you start

20:02

initiating more affection and oxytocin bonding now when you have oxytocin what's cool is that you feel more

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affectionate toward others there was a recent study that showed that when you spray oxytocin up the nose of fathers

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they become instantly more affectionate with their newborn children it's a fascinating piece of research I

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encourage you to look it up next is serotonin serotonin is long term mood stabilizer this is what allows you to

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feel happy and content in fact real happiness is a combination of Serotonin and oxytocin flooding through your

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system in the right levels when you have serotonin you feel happy you feel very content now a lot of people today are

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desperately scraping the bottom of the barrel to get their serotonin because they aren't getting it in their relationships they're getting it through

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Fitness NE exercise nutrition maybe some fun activities but they're scraping the

20:49

barrel they're not getting what they should be getting through their conversations their connection their relationship their time together all of

20:55

those good moments the last one is dopamine we really need to know this one dopamine is a short-term reward piece

21:02

that makes you feel good when you do something that feels good and it benefits you in some way it's supposed to be a small signal that says hey that

21:08

felt good let's remember that for the future dopamine is very important it's very addictive but it can burn out on

21:15

the novelty of it if you don't keep resupplying it or increase and increase and increase now serotonin doesn't work

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that way none of these others work that way they are not habit forming they're not addictive and you don't wear out

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these other recept but with dopamine you can now when you have attachment issues when you're not connecting to other people correctly it's hard to get that

21:35

openness and that connection because your your cortisol actually shuts down your bonding and you stay away from people because being open and vulnerable

21:41

feels scary when you don't get oxytocin you also don't get much Gaba so you're more likely to be stressed out miserable

21:48

and alone remember all of those research statistics we talked about you about younger generations with anxiety and

The Dopamine Epidemic

21:53

depression issues you also don't get much vase oppressing because you're not solving problems with other people so

21:58

you're not going to feel safe and you also won't get much serotonin because you're not having good conversations

22:04

openness connection joy happiness with people what you do get dopamine and

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that's why dopamine in particular has become a major addictive issue in modern times cell phone apps for example and

22:17

social media platforms run on dopamine inducing systems for example did you know that Instagram's notification

22:23

algorithms they typically like to withhold all those likes that you're supposed to get to deliver them in large

22:29

bursts later on so when you make your post at first you're like man nobody's liking my comment I don't get it you get

22:35

disappointed and then all of a sudden a flood comes in later on you go whoa and

22:40

your dopamine centers are primed for that slush that overflow and you go whoa

22:46

I want to check again I want to check again I want to check again dopamine activities aren't just Instagram it's

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not Instagram alone it's pornography video games sugar consumption bin

22:58

shopping swiping endlessly on apps for stimulation Tinder apps all kinds of

23:03

things that are instant gratification dopamine dopamine dopamine dopamine if you look around at our modern culture

23:09

it's an endless flood of dopamine activities now even if you don't reach technical addiction levels on any one of

23:15

these activities you may not have pornography addiction only about 10 to 11% of people typically do you may not

23:21

have video game addiction only about 3% of people tend to meet that you may not necessarily have a sugar addiction or a

23:28

stopping addiction but think about this all those dopamine binges across all

23:34

those different things that you're doing dopamine dopamine dopamine dopamine dopamine
dopamine well I want some

23:39

dopamine well I'll have a donut well I'm still really bored well I'll have some Mountain Dew well I'll
look at pornography well I'm going to play a

23:45

video game well I'm going to go on Amazon well I'm going to swipe on Tinder well I'm going to go on
Facebook for six hours dopamine dopamine dopamine

23:51

dopamine I hope that this is giving you a more complete picture of how we're spending our time
today chasing this

23:57

chemical now research back in 2017 predicted that most Americans spend an

24:02

average of four years of their life in what we call Escapist entertainment that

24:08

could be swiping it could be watching Netflix could be anything but that's 2017 that's seven years
ago from this

24:14

video that we're recording right now that was before the pandemic before lockdowns before this
increased wave of

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new ways to escape and speaking of new ways to escape into dopamine let's talk really quick about
only fans the

24:27

platform that combines the dopamine binges of porn with a pseudo girlfriend experience that can
give followers those

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oxytocin and serotonin connections a bit from a woman pretending to be loving and

24:39

nurturing to the customer during the sexual actions many only fans creators talk very openly about the girlfriend

24:46

experience being their most requested feature by their big customers this is fake attachment as these men vicariously

24:54

provide for a woman who then provides emotionally and sexually to them this is

24:59

fake attachment to replace all those chemicals we talked about that are missing from attachment issues if your

25:06

brain looks like this you are endlessly craving anything that isn't this so

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recap what are we looking at we are looking at a social collapse with a total breakdown of bonding and emotional

25:18

connection a purposeless life as presented in the mouse Utopia experiments deficient brain chemistry

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from both of those issues and an endless dopamine binge to cope that's why we have the loneliness epidemic that's why

25:32

modern dating is a disaster that's why the divorce epidemic is out of control that's why people are abandoning their

25:38

children that's why there's sex addictions that's why only fans has become an overwhelming platform that's

25:43

why drug addictions are here and escapism that's why Netflix is blowing up so big that's why there's mass

25:49

shootings all of this ties back to the attachment issues the mouse Utopia experiments and the brain chemistry so

25:56

guys if Society is this broken if we are indeed living as I believe in a postc collapse culture how do we fix

26:04

this we do what humans have always done when Society fails us when Society

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collapses I call this the Rome method that we start to rebuild with and we

The Rome Method and Rebuilding Society

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begin to thrive and heal now I call this the Rome method from the famous Professor Mary beard of the University

26:22

of Cambridge she's Trustee of the British Museum and she describes in her own work how Rome was founded by out

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casts likely those with severely broken attachment issues who were rejected by the rest of society but who banded

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together to form a new Tiny Village called Rome now that Village you might

26:40

know grew into a place where these outcasts could rebuild in safety could connect with each other could share

26:46

values and could watch over each other to feel safe they built all those brain

26:52

chemicals back up again that we discussed and they built new family structures so that they could survive

26:58

together and build successful attachment that's what made the Roman Empire as powerful as it was as a person rebuilds

27:04

those brain chemicals and especially oxytocin they begin to transform Dr Sue Carter in her famous paper the oxytocin

27:11

vasopressin pathway in the context of love and fear showed us clear evidence that introducing significant levels of

27:17

oxytocin that is building secure attachment and allowing the release of oxytocin and relationships ends that

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Lone Wolf survival effect from broken attachment and it helps an organism in this case humans to return to Social and

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biological health so to rebuild society and to stop the social destruction

27:37

happening in our youngest Generations remember 65% we must use attachment

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Theory to Foster secure attachments for all individuals at every level of our

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society now I've got a lot of ideas for this so stay tuned take some notes on this here's what I think we need to do

27:54

as the attachment specialist 15 years of training and experience in psychology every level of society I have worked

28:00

with this is what I see we must do number one rigorous training on attachment theory for the public and how

28:07

connecting with other humans drives our brain chemistry everybody needs to learn

28:12

about this everybody needs to learn about all those brain chemicals and how we look like this instead of looking

28:18

like this if we can get that I've seen my clients turn their lives around when

28:23

they finally understand this instead of this okay I think every school every

28:28

town hall every church every billboard on every freeway needs to be advertising

28:35

this truth about brain chemistry and how humans need secure loving honest

28:40

connection with those around them to be able to thrive and that that is our number one need right now in the world

28:46

now it's great to understand attachment Theory but now we have to foster a society where we can have secure

28:51

attachments right now everybody is afraid of everybody else and we have a system in place called legalism what can

28:57

I get away with that structure itself is a survival adaptation I believe we need

29:02

to come bring back the concept of Honor into society instead of legalism and

29:08

bring shame upon people who abuse the system in order to exploit other people

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it should not be admirable to Rob others just because the law allows you to do that if you're watching this video and

29:19

it seems like it would be easier to have somebody guide you through this a mentor to show you exactly what to do step by

29:26

step in applying everything you're learning here you need to join the attachment Circle mentorship program I will work with you personally for an

29:32

entire year in 100 plus group calls plus you're going to get the support of a growth-minded community of other

29:38

individuals who be companions on your journey people you can trust people you can work with and people you can

29:44

practice these skills with if you want to join us join the attachment Circle mentorship program there's a link below

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in the description I'll see in there we need to focus on honor that individuals live with including honesty integrity

29:58

ity compassion the ability to resolve conflicts with other people through reason and fairness we need to make

30:06

healthy Behavior cool perhaps through social media through social approval how

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many movies and shows have you seen that glamorize the Lone Wolf survival

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mentality the angry snark and pushing everybody away what if everything

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started moving back toward healthier stories like they talked about long ago all the the sagas all the great

30:29

histories encouraging you to be a healthier person and showing you that it

30:34

was admirable to build those loving connections what if we uplifted people who showed honor and reason and love and

30:42

compassion what if we celebrated those people instead of celebrating the opposite I believe we could make a

Creating a Society of Trust and Connection

30:48

difference in short we need to create a society where people can trust each other instead of a collapsed Society

30:55

where people are terrified of each other that's fostering broken attachment and that's there's proven that's proven by

31:02

the way 65% of people are responding as if Vikings have burned our culture down

31:07

and we're rebuilding in the rubble or they've been taken away as slaves 65% of young people are adapting that way we

31:14

know that the collapse is here you guys so that's what we do number one to start fixing the society around us number two

31:20

we rebuild families this is a crucial part for the generations who are coming next we need social programs designed to

31:27

to Foster healthy families that stay together instead of fatherless homes and

31:34

children growing up in misery and dysfunction and abuse this is a huge one you guys I can't even overstate this one

31:41

right now we reward couples for splitting up or never getting together okay we need to make couples stay

31:46

together but we need to make them healthier as they stay together we need

31:52

couples to get together and have the skills and the incentives to stay in a

31:57

love fulfilling Union because we need humans who are born into thriving family

32:03

systems where healthy social communication and healthy conflict resolution is normal they need to see

32:10

men and women living peacefully and lovingly and resolving their issues in

32:16

trustworthy consistent ways so that those children don't grow up with Extreme Survival adaptations so let me

32:23

ask you where right now are the rigorous training programs for parents and couples to learn to resolve conflicts

32:30

with peace and love where are the schooling on this where is the high school programs where's the college

32:37

programs where's the free internet programs where's the programs on television blasting it out here's how to

32:43

grow here's how to be healthy here's how to resolve conflicts where is that oh we

32:48

don't have that but we need to and until we have that I don't think families are

32:54

going to fix themselves because we have a hundred years of broken family systems we need to incentivize as well families

33:00

to stay more local to each other instead of fostering a system where families have to move multiple states away just

33:06

to barely earn enough money to survive if families can stay together they do better the research shows dust bow Great

33:14

Depression tore families apart families did worse families were doing better before that not perfect but when you

33:21

have a thriving network of many extended family members if your parents aren't

33:27

perfect your aunts and uncles your grandparents your cousins everybody can step in and give you that love and as

33:32

you grow you have a system around you to take care of you you are not growing up among strangers who don't care if you

33:39

live or die now once we've rebuilt family systems we need to work on resolving the loneliness of existing

33:44

individuals we're not just going to wait for everybody who's alive to die and then hopefully things get better in a hundred years okay individuals today

33:51

need help terribly as we showed in all the research before we need social programs designed to get individuals

33:57

connected with each other okay number one the covid pandemic made loneliness and isolation so much worse so we are

34:04

right now headed in completely the wrong direction we need to get people reconnected in their social environments

34:10

fortunately our ancestors have had to do this many many times what did our ancestors do number one local festivals

34:17

to celebrate anything hey the fish are back hey we really like this food hey we

34:22

grew this crop why do you think they had stupid celebrations it was to Foster this connection right here we need to

34:28

start having more stupid celebrations more weird celebrations more connections a lot of people are connecting over con

34:34

conventions of all kinds of stuff we need to bring that to the local connection so that people are meeting each other again neighbors Villages

34:42

cities towns everything they people need to be reconnecting with each other we need group holidays we need connections

34:49

where we are all bonded together in something that makes us closer as people

34:54

we need shared traditions we need religious communities to actually have a purpose again and connect people in

35:00

again I'm not telling you what religion to follow but religious communities are out there and they need to pull people

35:06

back in in a good loving way to Foster Community we need more expanded family

35:11

kth and kin networks we need people reaching out to each other and building those bonds again okay and we also

Building Community in Apartment Buildings

35:18

perhaps need cohabiting for lonely individuals places where apartment buildings are built more in community so

35:25

that people share I have a very good friend who lives in a big apartment complex that has been built to be a

35:31

thriving Community instead of looking like a prison there is ways for lonely people to band together we could build a

35:38

Tinder or a mate matchmaking service but for lonely people who want a roommate we

35:43

could also restructure apartment buildings as we build them so that they do Foster more of a community feel we

35:49

could actually support group areas for bar barbecuing for sitting together

35:54

Parks inside of the the apartment building we can foster spaces for people

35:59

to gather right now parks are broken and destroyed a lot of times they're gathering places for gangs but if we can

36:06

take those places back and build them into the heart of the community again people can Bond now here's a thought you

36:12

saw the stats on how lonely young people are crushingly lonely every single day

36:18

you know who else is lonely elderly people abandoned left to die what if we Linked UP elders and young people what

36:25

if we gave young people who don't have anybody a mentor to speak to what if we brought Elders back into the fold of

36:31

society and linked them up with young people in friendship and in pseudo family connections so that Elders could

36:38

transmit wisdom and have a purpose in their life they could prevent loneliness

36:43

for both groups both people could bond together we have so many lonely people who are waiting for connection why

36:50

aren't we fostering those connections why aren't our resources going in this direction to rebuild our crumbled

36:56

society and finally I I'm just going to call out the big screaming elephant in the room extreme political battles and

37:05

faing needs to stop demonizing the other side as inhuman as subhumans for

37:12

believing differently from you this could definitely be a major contributing Force to the stress that makes people

37:18

believe we live in an extreme environment as adults right people every day are waiting for Civil War II to

37:24

start they're waiting for all that to start it's endless is hate and fear-mongering race baiting political

37:31

mashups where people are angry and screaming at each other and they don't even know why if we could end the

37:37

political extremism and get to a place where we can at least recognize that people are human beings we might be able

37:44

to turn this thing around and stop living like we are living in smoking Rubble so all of this comes down you

37:50

guys to rebuilding healthy families so that new generations do not grow up feeling isolated and alienated and we

37:57

also need to tackle the isolation problems of current Generations so that they feel fully reconnected and all of

38:04

our brains can heal fostering that secure attachment healing the brain chemical issues building safety for all

38:11

individuals this is mandatory stuff for a barely functioning Society but we can

38:16

rebuild from this collapse and once our brains are working better once our neurochemistry is balanced out guys we

38:23

can tackle all those larger issues that were brought up by the mouse Utopia experiments most of us are smarter than

38:30

mice I believe we could solve the problems that the mice couldn't overcome we can address those issues of

38:35

overcrowding loss of meaning our better brains will help us solve these issues in smarter ways I truly believe that

38:43

that is possible but it's only going to get better when we fix the attachment issues that are eating Us Alive now I

38:48

truly believe that this is our pathway forward as people I've staked my life on it helping people build these Solutions

38:55

is my life's work and I am here here to make a difference what I want right now though is to hear from you please drop

39:02

in the comments and tell me what you think about all of this the mouse Utopia experiments the attachment issues social

39:08

collapse do you believe we're living in a post collapsed Society like I do do you think it's already happened give me

39:14

your honest thoughts give me your thoughts as well on all these Solutions is there anything else that you think would help drop your ideas below let's

39:22

start a conversation here this is a conversation that we must have in order to start making a better world for

39:28

everybody who lives in it thank you for sharing this time with me I am Adam Lane Smith the attachment specialist and one

39:34

more time I need to hear from you because I cannot do this alone I want your voices down there in those comments

39:41

let me know your thoughts let's go