

f your parents made a lot of mistakes

0:01

in your childhood you're probably trying

0:03

to learn how to fix those relationship

0:04

challenges now as an adult this basic

0:07

concept right here forms the core of

0:09

something called attachment theory if

0:11

you're ready to build relationships that

0:13

feel safe fulfilling and sustainable for

0:15

life this is the last video you're ever

0:18

going to need to watch to understand

0:19

attachment Theory I am Adam Lane Smith

### **The Core Concept of Attachment Theory**

0:22

the attachment specialist I've got 15

0:25

years of training and experience doing

0:26

this in Psychology and relationships I

0:29

have a master's degree in Psychology

0:30

emphasis marriage and family therapy I

0:32

was a licensed marriage and family

0:34

therapist for many years I taught peers

0:37

in clinics I taught seminars I've worked

0:39

on the internet and trained other people

0:42

including professionals and I've worked

0:45

for years as a therapist in Corrections

0:47

in clinics in all kinds of programs from

0:50

death penalty clients all the way up to

0:53

millionaire Executive coaching clients

0:55

that I coach now all across the internet

0:58

and I am the attachment specialist it is

1:00

my life's work and I love attachment

1:03

Theory it explains everything to me and

1:06

I'm going to help you see exactly why it

1:07

explains

1:08

relationships now you've heard me talk

### **Why Attachment Theory Matters**

1:10

about attachment Theory a lot over the

1:13

years but where does it come from and

1:15

how does it change your life in fact why

1:18

do so many of my coaching clients hear

1:20

about attachment Theory and it changes

1:22

everything they've ever understood about

1:25

how to connect with other people by the

1:27

end of this video you're going to love

1:28

attachment Theory just just like I do

1:30

and you're going to see the code in The

1:31

Matrix the way that relationships truly

1:33

work so if you have ever wondered how to

1:36

make great amazing relationships happen

1:40

for you instead of just hoping they

1:42

happen to you this is a video for you

1:45

let's get right into it now what is

1:47

attachment Theory and a nutshell

1:49

attachment theory is simply this as a

1:51

child you learned from your caregivers

1:53

how to give and receive love and how you

1:56

would get attention and how did you get

1:58

your needs met or you didn't you learned

2:00

that nobody is going to work with you

2:03

nobody is going to meet your needs that

2:05

you are burden that you are undesired

2:07

and it's going to be an endless fight of

2:09

being interesting enough to make people

2:11

T pay attention and want to take care of

2:14

you you can break down into multiple

### **Types of Insecure Attachment**

2:16

different types of insecure attachment

2:18

that way avoid an attachment where you

2:20

run away from other people because you

2:22

don't believe they are trustworthy or

2:24

you learn to manage other people anxious

2:27

attachment where you believe you do not

2:28

deserve to be l

2:30

so you are endlessly trying to earn

2:32

approval from other people to prevent

2:34

abandonment because you feel helpless or

2:37

the disorganized attachment style where

2:39

you are a blend of both you neither

2:41

trust other people nor yourself and you

2:43

may run into relationships only to run

2:45

away or may avoid them endlessly before

2:48

getting connected with one and becoming

2:50

super addicted to it the goal of all of

2:52

this is to become securely attached

2:54

where you fully bond with other people

2:57

with boundaries with honesty with

2:59

connection with clear understanding of

3:01

what is acceptable and what's not and

3:03

you're able to push back you'll form

3:05

relationships a little bit slower you'll

3:07

Bond differently and you'll connect with

3:09

people deeper over time that's secure

3:13

attachment and insecure attachment now

3:16

attachment Theory came about from the

3:18

early 20th century okay it's influenced

3:21

by psychon analysis by Sigman Freud his

3:24

developmental psychology he had his

3:26

early stages of what he believed

3:29

children go through and how they grow

3:31

how they Foster relationships how they

3:33

feel connected how they feel bonded with

3:36

other people some people think he was

### **John Bowlby's Contribution**

3:39

insane in fact he was high on cocaine

3:42

quite a lot and he taught that children

3:44

should be using cocaine not all of his

3:47

theories are useful to us but something

3:50

fascinating here is that they call him

3:52

the father of psychology because he

3:54

brought psychology into the Forefront

3:58

right he made it into a science he led

### **Mary Ainsworth and the Strange Situation**

4:00

us to start really asking deeper

4:03

questions not only about how the human

4:05

mind works but how we as children learn

4:08

to live in our world and learn to

4:11

connect with each other now the Early

4:14

Childhood experiences that Freud brought

4:16

in that he felt was the answer to all

4:19

the psychological issues but he didn't

4:22

yet have an understanding of attachment



4:24

theory he didn't really have that he was

4:26

fixated on how we learn and grow in our

4:28

environments it wasn't more until the

4:30

1950s and 1960s that John Bulby came

4:34

along now John Balby created attachment

4:37

theory he emphasized the bond

4:40

specifically between little infants and

4:43

their primary caregivers okay the way

4:46

that Mom pays attention to you the way

4:48

that the mirroring neurons in your brain

4:50

reflect her being happy to see you so

4:52

you're happy to see her the way that she

### **Attachment Theory in the 1980s and 1990s**

4:55

speaks to you and talks with you and

4:58

cares for you the speed at which she

5:00

meets your needs changes your diapers

5:02

that she takes care of you feeds you

5:05

warms you hugs you when you're scared

5:08

and then how you bond with your father

5:09

as well as your mother and father

5:11

present or are they gone John Bowlby's work

5:14

is fascinating right his earliest work

5:17

attachment in Bowlby published 1969 that

5:19

really focused on this his book

5:21

separation published in 1973 and his

5:24

book loss in 1980 I recommend you check

5:28

out all three they are fantastic Works

5:30

they educate you a lot on early

5:33

attachment Theory John Bowlby just plain

5:36

and simple he was a genius he was

### **Integration of Neuroscientific Findings**

5:38

everything that we wanted Freud to be

5:40

John Bulby is unfortunately we don't

5:41

hear a lot about him now what's really

5:44

fascinating is this Mary Answorth came

5:46

along in the 1960s 1970s and she built

5:49

upon some of John Bu's work she had what

5:52

was called The Strange situation

5:54

assessment now in the strange situation

5:56

assessment she had Parents and a child

5:59

coming into a room a mom and a little

6:01

child she would have them walk into the

6:03

room a new room toys everything but it

6:05

was unfamiliar and she would assess

6:08

through a a glass mirror through a glass

6:11

window how the child acted did the child

6:13

cling to Mom but then soften up and run

6:16

around and go play right and then come

6:18

back check in with Mom and then go play

6:20

again and then come back and check with

6:21

Mom and then go play again that would be

6:23

secure attachment did the child cling

6:27

desperately to Mom oh no please don't

6:28

leave me don't ever leave me right

6:31

something not right did the child

6:32

immediately leave Mom and not want to be

6:34

connected just gone

6:37

okay then they would have Mom get up and

6:40

leave the room what does the child do

6:42

when the child's left alone does the

6:44

child maybe cry a little bit and then go

6:46

back to playing does the child just it's

6:48

okay they kind of look they're calm and

6:50

they're ready and they keep playing does

6:52

the child not even notice that Mom has

6:54

left or does the child cry

6:56

uncontrollably through agonizing

6:58

separation anxiety uncontrollable

7:01

swing when Mom comes back what does baby

7:05

do does baby come back and does mom come

### **Challenges in the Digital Age**

7:08

back and baby just on Mom I can't

7:10

believe you left me and then continues

7:12

to sob uncontrollably inconsolably

7:15

almost punishing mom for leaving them

7:17

because they're so devastated does the

7:19

kid not even greet mom when mom walks

7:20

back in the room does the kid greet mom

7:22

and is happy that mom's back and then

7:24

goes back to playing okay from this Mary

7:28

answorth was able to T T in early

7:30

children whether the child probably was

7:32

securely attached what she called

7:34

anxious ambivalence attached or

7:36

avoidantly attached now in the 1980s and

7:39

1990s we saw a lot broader applications

7:42

it wasn't just for little babies anymore

7:44

unfortunately the field of psychology

7:46

largely has not caught up to this yet so

7:48

we don't have diagnoses necessarily for

7:51

adults with attachment issues unless it

7:53

goes all the way to the extreme with

7:55

personality disorders we don't really

7:57

have that fixation yet

7:59

1980s and 1990s saw a sort of

8:02

application of attachment Theory into

8:04

adult relationships okay the emergence

8:06

of attachment Styles the disorganized

8:08

attachment Styles it's the blend of the

8:10

two right you're looking at that and

8:12

saying okay it's possible that your

8:14

childhood issues are actually creating

8:17

Styles in adulthood wow the way you

8:20

connect as an adult it's not just a

8:21

personality disorder it's actually your

8:23

childhood really impacts your romance it

8:26

was astounding I know now as my as I've

8:29

been talking to you about this for so

8:31

long and as other people online are

8:32

talking about this Probably sounds like

8:34

well duh yeah of course your childhood

8:36

impacts your adult romantic

8:37

relationships but remember that over the

8:40

last hundred years we've been

8:41

discovering this this was a concept that

8:44

people didn't even have now here's where

8:46

it gets really interesting is in the

8:47



1990s and the 2000s 2010s there's a

8:50

cross fertilization between cognitive

8:53

psychology and social psychologies

8:55

between behavioral codes and behavioral

8:58

pieces and understanding and sociology

9:01

there's all kinds of connections and

9:03

influences on personality Social

9:06

Development all of it comes in some of

9:08

it good maybe some of it not so good

9:10

there's all kinds of crazy stuff right

9:13

this is the time where we start to

9:14

really begin seeing like your attachment

9:16

Styles almost as like astrological signs

9:19

yes well I'm an anxiously attached well

9:21

I'm an avoidantly attached you start

9:23

seeing that that really fit in and then

9:25

unfortunately this is the point where a

9:27

lot of people start saying okay well I'm

9:28

permanently fixed into these attachment

9:30

styles for the rest of my life so you

9:31

all have to accommodate me right good

9:34

and bad starts blending in here modern

9:37

representations are really interesting

9:39

of this right down to the 21st century

9:41

because it's fascinating how technology

9:43

has impacted this so the consideration

9:46

of cultural and contextual variations

9:48

and attachment as we all as we spread

9:51

across the world and start interacting

9:53

we see how attachment Works in different

9:55

cultures interestingly it tends to work

9:57

much the same some cultures are healthy

10:00

or some cultures are not we can kind of

10:01

see the cultures who are maybe not as

10:03

healthy through some disruptions they

10:05

their attachment issues get much worse

10:07

you've heard me talk about this

10:08

extensively over how American attachment

10:11

issues have grown worse over the last

10:13

100 years right American attachment

10:15

systems are terrible they are broken we

### **Experiential Learning and Attachment**

10:18

also started during the early 20 21st

10:20

century the 2010s especially to really

10:22

integrate neuroscientific finding the

10:25

neurobiology the oxytocin the vas

10:27

suppress serotonin G

10:29

right dopamine bingeing we started really

10:32

talking about that a lot more now modern

10:36

day we started impacting early childhood

10:39

education parenting strategies we

10:41

finally were ready to put this into

10:42

practice and say let's do something

10:45

about it okay we created an emphasis on

10:48

secure attachment for optimal Child

10:51

Development I will say this I don't

10:53

really agree with a lot of the

10:55

attachment parenting programs that are

10:57

out there a lot of them look like like

10:59

permissive parenting strategies they

11:01

look like strategies made to make the

11:03

parent feel good about being a good

11:05

parent while poorly programming the

11:07

child for adult life poorly educating

11:09

and preparing the child not all of them

### **Attachment in Modern Parenting**

11:12

not all of them but that's my that's my

11:14

little argument right there for quite a

11:16

few of those I I will just say

11:18

that but at least we are having the

11:21

conversations now I get people in my DMs

11:23

all the time Adam how can I help my

11:24

children have better attachment a lot of

11:26

my coaching clients come in for practice

11:28

on on parenting better so they can give

11:30

better attachment to their kids okay if

11:33

you're watching this and you have kids

11:35

fix your attachment that's one of the

11:37

best things you can do for your

11:37

children's attachment now technology in

11:40

the digital age it has made things

### **Technology's Impact on Attachment**

11:42

complicated okay we did bring research

11:44

on Virtual relationships digital

11:46

communication I've and I've been talking

11:49

a lot lately about AI programs and

11:51

relationships and relationship trainings

11:53

but also how that's going to change

11:54

things you've seen things here on this

11:56

channel talking about the reality of

11:58

dealing with digital digital

11:59

relationships now long distance

12:01

relationships right understanding

12:03

attachment in the context of social

12:05

media and online interactions it's also

12:07

made it so that anybody anywhere can

12:10

pick up a camera and claim to be an

12:12

attachment

12:13

specialist right people who have no

12:16

degree whatsoever or any training at all

12:18

can learn from an attachment specialist

12:21

and then go out and then parrot the

12:22

information and claim that they

12:24

understand it right then they teach a

12:26

lot of bad information this brings us to

12:28

the modern day when attachment is

12:30

finally becoming mainstream with

12:31

articles and huge media uh news media

12:34

outlets right I I think the Atlantic

12:36

published something not that long ago

12:38

about how attachment Styles can change I

12:40

was I was thrilled that people are

12:43

finally talking about the truth that you

12:45

can change attachment but it's still not

12:48

really mainstream that idea quite yet

**Warning: Rise of Unqualified Experts**

12:51

attachment Styles have become like I

12:52

said like astrology signs because people

12:55



want answers and they want convenience

12:59

they want to be able to say I never have

13:01

to

13:02

change here's how people have to

13:04

accommodate

13:05

me it's attractive to blame your style

13:09

it's attractive to say I'm just

13:11

anxiously attached so you have to feed

13:13

me you have to take care of me or you're

13:16

abusing me okay and there's

13:19

unfortunately a lot of a lot of

13:20

untrained professionals out there

13:22

getting the basics wrong passing on bad

13:24

information for example a lot of

13:26

so-called attachment experts now

13:29

overwhelmingly demonize avoidantly

13:32

attached people they call them scum

13:35

Predators monsters they're like they're

13:38

horrible they're awful to you you should

13:40

be angry and they Foster all this

13:43

resentment they feed on the anx anxiety

13:45

and resentment of the anxiously attached

13:47

people who Mary answorth would have

13:49

called anxious ambivalent who John bulby

13:51

would have called preoccupied anxious

13:53

the point is there's a lot of bad fake

13:56

experts out there you guys okay the

13:58

there's a lot of online resources that

14:00

are poorly designed they're just money

14:02

grabs

14:04

okay all the time I I get asked this

14:06

question all the time Adam can you give

14:08

us an attachment quiz no probably not

14:12

because here's what I don't want hey

14:14

here's a couple quick questions you take

14:16

it you learn what might be your

### **Responsibility in Attachment Teaching**

14:18

attachment style and now you tattoo it

14:21

across your face for the rest of your

14:23

life I am anxiously attached Adam Lane

14:25

Smith said so in this quiz I absolutely

14:28

absolutely do not want that okay if I can

14:32

design a quiz that is good and

14:35

reliable then I will think about it okay

14:38

I I take my responsibility very

14:40

seriously here you guys many people

14:42

don't many people are just trying to get

14:44

your information just trying to get your

14:46

money real fast they're going to label

14:48

you probably incorrectly a huge number

14:50

of my coaching clients come in Adam I

14:52

took this quiz can you see my results

14:55

sure yep okay now let's actually run

14:57

through what the attachment pieces are

14:58

oh wow I'm the opposite of what they

15:00

said yes that's very common okay the

15:05

number one thing that attachment

15:06

creators get wrong though is that

15:07

attachment Styles can change you've

15:09

heard me say it a few times on this

15:10

channel you've heard me say it a few

15:11

times in this video attachment Styles

15:14

can change there is a clear method for

15:17

changing it okay

15:20

now I know I'm getting heated attachment

15:23

is my passion it's not even just my

15:25

passion it's it's everything for me you

15:29

guys okay maybe I'm I'm coming at this

15:31

so strong I've had a lot of training my

15:34

teachers were not just academic

15:36

professors they were people that had

15:37

been pulled in after decades in the

15:39

field and were experts and they taught

15:42

us like blood and guts type of like this

15:45

is really how it is okay I didn't get a

15:48

a

15:49

stuff academic purely acade academic by

15:53

people who didn't know what they were

15:54

talking about because they learned about

15:55

in an old outdated book these were

15:57

people on the front line lines running

15:59

clinics working directly with the

16:01

hardest

16:03

cases I I know My Views are a little bit

16:05

extreme sometimes okay I've got a

16:07

master's degree in Psychology all the

16:08

research I've read I love reading the

16:11

research I love it but look here's what

16:15

everything that I have learned says is

16:17

that if experiences in childhood got you

16:19

into this mess experiences then are the

16:24

only thing that can get you out David C

16:27

that's Kolb he discussed his method of

16:30

experiential learning theory okay he

16:33

published this in 1984 it proves true an

16:35

attachment you learn through

16:38

experience okay I have seen experiential

### **Designing the Right Experiences for Healing**

16:41

healing and experiential learning fix

16:45

attachment for thousands of people now

16:48

thousands tens of thousands many of them

16:51

my own direct

16:53

clients so here's what you need to know

16:57

you need to know how to design the right

17:00

experiences with the right people to

17:03

overwrite the old programming that led

17:06

you to believe the incorrect things

17:08

about yourself and about relationships

17:10

and about people and about your place in

17:13

this

17:14

world all the way back right Freud John

17:17

buby Mary answorth all of them they all

17:20

agreed since the very beginning they

17:22

have agreed your earliest forming

17:24

experiences tell you about the world and

17:27

set you on a path for adulthood

17:30

but we also know that you can change

17:33



Carl Yung was really big on this you can

17:35

actually change continuously throughout

17:37

the course of your life up into your 60s

17:38

70s 80s Carl Jung was fantastic about

17:42

educating us how we can change at any

17:44

point in the course of our life because

17:46

we're always going through New

17:48

Challenges

17:50

experiences educate you about the world

17:54

thinking it can help you build

17:57

experiences right you can't think your

17:58

way out of attachment

18:00

issues experiences are necessary the

18:04

right experiences will help you heal

18:06

this is doable so please don't let

## **Attachment Styles Can Change**

18:09

anybody unqualified ever tell you

18:12

otherwise that you cannot change don't

18:15

let that happen take it from me the

18:18

attachment specialist you can change and

18:20

your attachment style can change and you

18:23

can become secure even if you have never

18:25

been secure before that's the magic of

18:27

attachment

18:29

now I'm just going to warn you right I'm

18:31

going to use my magic crystal ball here

18:33

as attachment Theory becomes more

18:35

mainstream and it is even more creators

18:37

are going to come out as experts about

18:39

it okay I have people trying to copy me

18:41

all the time I have people picking up my

18:43

information and parting it right back

18:45

out word for word other people send me

18:49

sometimes bigger creators than I am for

18:51

now parting my word my stuff word for

18:53

word okay I've seen young teens on Tik

18:56

Tok talking about how to use attachment

18:58

the to build a lifelong marriage when

19:00

they're still in high school so so I

19:02

know that this is happening right and

19:04

some supposedly psychology experts are

19:07

even outed as frauds who just Parrot

19:09

information without understanding it

### **Challenges with Unqualified Experts**

19:11

they don't even have an understanding of

19:12

psychology they picked it up off of

19:14

Wikipedia this is happening so make sure

19:17

you check your sources learn all you can

19:19

about attachment Theory like I have okay

19:22

study learn grow I have sources tagged

19:26

in on a lot of my stuff I'm Happ to

19:28

share sources I love reading those

19:30

research papers there are so many good

19:33

research papers out there you guys do

19:35

not be afraid to dig into that research

19:37

there are so many good scientific

19:39

journals available online and many many

19:42

many books I can recommend a lot of

19:44

books and a lot of research I'm putting

19:46

together right now a book list and a

19:47

research document list because I've read

19:49

a ton of them during my training my work

19:51

in the field I've written books on

19:53

psychology I've literally written books

19:55

on on attachment Theory I have trained

19:57

people in the field I have trained

19:59

professionals therapists doctors

20:02

medication

20:03

providers it's important for you to do

20:05

your research too so don't just take my

20:07

word for it do your research stack up on

20:10

this psychology attachment all of this

20:13

is the pathway forward in a loving

20:15

amazing relationship so for today I am

20:18

Adam Lane Smith the attachment

20:20

specialist and make sure that you come

20:22

back for part two of this video series

20:25

the next one is the evolutionary

20:27

psychology of attachment where I'm going

20:29

to walk you through where attachment

20:31

comes from and why we're even able to

20:33

have broken attachment till next time

20:36

I'll see you in that

20:44

video