

I'm going to be very real with you there

0:01

are a lot of men out there and now an

0:03

increasing number of women as well who

0:04

have never experienced what it means to

0:06

feel loved not even as a child and they

0:10

don't really know that it's possible for

0:11

them to even receive love now they don't

0:14

think that they don't deserve love they

0:16

don't think other people are ever going

0:18

to give it to them they don't think it's

0:20

possible for them to receive love for

0:22

another human being now this is avoid an

0:24

attachment style and it robs these

0:26

people of the majority of their joy in

0:28

life but the sad part is that they don't

0:31

even realize that they're missing out

0:32

they will tell you that they're just

0:34

being practical that they're being real

0:36

but in fact they were raised in

0:38

difficult circumstances that make them

0:40

believe love is completely impossible

0:44

I'm Adam Lane Smith I am the attachment

0:46

specialist I focus on helping people

0:49

overcome problems exactly like this one

0:51

to build fulfilling relationships to

0:53

finally find what they have missed now

### **The Prevalence of Avoidant Attachment**

0:56

the research shows that an estimated 25%

0:59

of Americans an now have avoidant

1:01

attachment style let that sink in one

1:03

and four so this is an epidemic okay you

1:07

guys Way Beyond anything else that we've

1:09

seen one and four it's more common in

1:12

men but I am seeing an increased number

1:15

of avoidant women rise because they're

1:17

coming into my coaching practice they're

1:19

showing up online I'm seeing a surge in

1:22

it you've heard more women are

1:24

narcissistic than ever before that often

1:26

not always but can be a form of avoidant

1:29

attachment there's a few different

1:30

forms here okay it's becoming more

1:32

common across the board so they're

1:34

definitely represented so if you're

1:36

watching this you have a one and 4 chance

1:38

of being avoidant yourself or maybe of

1:42

loving somebody who's avoidant maybe a

1:45

good friend maybe your partner maybe

1:48

your child somebody in your life

1:50

guaranteed is avoidantly attached so if

1:53

you want to learn What's Happening Here

1:55

the science behind avoidant attachment

1:57

style and how that science can lead you

2:00

into fixing avoidant attachment style

2:02

maybe if you want to learn to give and

2:04

receive love even if you have avoidant

2:06

attachment style stick with me to the

2:08

end of this video and I'm going to show

2:09

you exactly how so let's get right into

## **Understanding Avoidant Attachment**

2:12

it now avoidantly attached people they

2:14

don't understand the feeling of what

2:16

love is to be loved what does that feel

2:19

like okay avoidant attachment comes from

2:23

childhood where your parents didn't give

2:25

you love in a way that you perceived

2:28

maybe they were yelling each other all

2:30

the time maybe they're screaming all the

2:31

time maybe they were disconnected you

2:33

didn't get the bonding that you needed

2:36

okay we're going to talk about the

2:37

bonding hormones and chemicals in a

2:38

minute but it didn't happen for you

2:41

instead you grew up seeing other people

2:43

act badly toward each other you grew up

2:46

with people giving you arbitrary rules

2:48

that you had to get around you grew up

2:50

understanding you had to manage other

2:52

people instead of connect with them and

2:54

trust them you learned that conflict

2:57

leads to confrontation every time so you

3:00

learn to avoid conflict but to really

3:03

avoid conflict and be able to get away

3:05

you also avoid deeper intimate

3:08

connection and being vulnerable possibly

3:10

because it's been used against you

3:11

before now the way that avoidant people

3:14

grow from childhood into adult

3:16

relationships and how they think in

3:18

those adult relationships is that they

3:20

stay safe from other people they don't

### **Fear and Conflict**

3:23

trust other people other people are not

3:25

trustworthy other people will get

3:28

stressed out and do the wrong thing

3:30

other people will just not do the right

3:32

thing or help you out you have to manage

3:35

other people that means appeasing other

3:37

people and making their feelings go

3:39

better or simply by staying away from

3:42

other people so their feelings can never

3:44

impact you now if you felt like nobody

3:48

was ever trustworthy like you had to run

3:51

away you had to maintain an open door to

3:53

escape at any

3:54

time would you get into committed

3:57

relationships would you jump in and sh

3:59

share everything about yourself or would

4:02

you hold back would you maybe only

4:05

disperse information carefully about

4:07

yourself across your network instead of

4:09

sharing completely with

4:10

somebody this is avoidant attachment

4:13

style it's the belief that they have to

4:14

be ready to get away at any moment

4:16

because somebody could try to hurt them

4:18

trap them unclear expectations really

4:21

frighten them so they run away first



4:25

they run away by appeasing at first

4:27

upfront making you happy they affil your

4:29

happiness meter so that then down the

4:31

line you will do the right thing because

4:34

your happiness meter is high so you kind

### **Avoidant Behavior in Relationships**

4:35

of owe

4:37

them then they run away by not feeling

4:41

as connected to you by disconnecting by

4:43

taking space By by pulling away by just

4:46

hiding more they might run away by

4:49

saying you know it's it's not you it's

4:50

me I just I just need some time away but

4:53

then they might run away by blaming you

4:55

by saying that it is your fault by

4:57

saying that you're too needy you want

4:59

too much you connect too much right it

5:01

scares them this is not about them being

5:05

bad people it's about them being very

5:08

afraid people very scared people the

5:12

issue here is that they never feel

5:14

secure or safe in love the sort of

5:18

safety and bonding that requires

5:21

vulnerability to open up to another

5:23

person right when you have secure

5:26

relationships then you have a safe

5:28

secure life that feels feels good secure

5:30

relationships equal secure life when you

5:34

have openness and bonding with people

5:36

when you can solve problems and you know

5:38

that they'll solve them with you when

5:40

you know that people will work with you

5:42

when you know that people are

5:44

trustworthy when you know that you don't

5:46

have to get away because people won't

5:48

catch you right you feel safe and secure

5:52

you have opportunities you don't you

5:54

have a safety net under you you don't

5:56

you don't live on the edge of being

5:58

trapped all the time secure

6:00

relationships create a secure life where

6:02

you're not going to get stuck or found

6:04

out or hurt or betrayed because you have

6:07

that security so this video is all about

6:11

the biochemistry of avoiding attachment

### **Biochemistry of Avoidant Attachment**

6:14

now you understand what it looks like

6:16

what's going on under the hood with

6:18

avoidantly attached people okay there

6:20

are five big brain chemicals we need to

6:23

understand for people with avoiding

6:25

attachment okay five big brain chemicals

6:27

that people with avoiding attachment

6:29

really really need to understand the

6:31

first is oxytocin they probably didn't

6:34

get much of this as a child but when you

6:35

get it it's feeling warm and safe it's

6:38

that warm feeling in your chest when

6:39

you're home it's that feeling of walking

6:42

into your own home putting your keys

6:44

down taking off your shoes and relaxing

6:46

on your couch it's feeling totally at

6:48

peace but also accepted loved with other

6:51

people right it's a great conversation

6:54

it's a peaceful walk with a companion

6:56

and it's the experience is enhanced

6:58

because they're there it's it's holding

6:59

hands and feeling that warmth and

7:01

enjoying it that's oxytocin the next one

### **Oxytocin - The Warmth of Connection**

7:05

Springs from it Gaba gamma amino byeric

7:08

acid Gaba Gaba is an inhibitory

7:10

neurotransmitter that shuts down the

7:12

feelings of stress by reducing the

7:14

length of a cortisol release right or

7:17

how severe the cortisol is how much you

7:19

feel of it Gaba shuts down feelings of

7:22

anxiety and depression right this is the

7:24

cocktail right here of your brain saying

7:26

I don't have to be scared and upset

7:28

because somebody loves me

7:30

Gaba also helps release melatonin at

7:32

night to help you sleep so if you're

7:33

have chronic insomnia often you might be

7:35

missing one of these two very possible

### **GABA - Stress Reduction**

7:38

Gaba also helps with uh magnesium usage

7:41

so it makes your magnesium usage a

7:43

little more efficient people with low

7:44

Gaba often have really stiff muscles

7:47

soreness Twitches because they don't get

7:49

enough magnesium and they don't process

7:50

it correctly or they burn through it

7:52

really fast oxytocin also helps with

7:55

chronic pain by the way and heavy

7:57

headaches and all that kind of stress so

7:58

these two two things right here huge for

8:01

your

8:02

relationships next vas suppress solving

8:05

problems with other people when you

8:07

resolve stress together when you solve a

8:09

challenge together you get vast oppress

8:11

but avoidant people you guys they avoid

8:14

solving problems with other people they

8:15

avoid getting into relationships with

8:17

other people right just like in

8:19

childhood they didn't release much

8:20

oxytocin or get much because it wasn't

### **Vasopressin - Problem Solving**

8:22

safe they might actually avoid or be

8:24

afraid of oxytocin and run away from it

8:26

which means they probably have low Gaba

8:28

they also don't trust other people to

8:30

solve problems so they solve them alone

8:34

so they don't get much vast suppress

8:36

either serotonin huge source of

8:39

Serotonin gigantic sources your social

8:41

connections your relationships your

8:43



interactions good memories warm moments

8:46

with other people right great source of

### **Serotonin - Social Connection**

8:49

Serotonin when you don't have those

8:51

things with other people you don't get

8:53

much of that either a lot of people with

8:55

avoid attachment are very physically fit

8:57

and they have this really great self

8:59

care routine because if they ever

9:00

deviate from it they are stressed and

9:02

miserable and depressed because their

9:04

serotonin is riding the drgs at the

9:05

bottom all the

9:07

time the last one to know about is

9:09

dopamine now dopamine is always your

9:11

friend dopamine's always there it's a

9:12

it's a sugar rush when you need one

9:14

right pornography sugar caffeine

9:17

actually transforms your some your

9:18

serotonin over into dopamine so it makes

9:20

you worse this is why a lot of people

9:22

with low serotonin and dopamine get

9:23

really grumpy they need that caffeine to

### **Dopamine - The Constant Craving**

9:26

live this is why but dopamine is always

9:28

there so when you have avoidant

9:30

attachment you don't have

9:32

this you have

9:35

this okay low oxytocin low Gaba very low

9:40

vasopressin very low

9:42

serotonin heavy dopamine binges all the

9:45

time I'm sad all I have is dopamine I'm

9:48

scared all I have is dopamine I'm bored

9:50

all I have is dopamine I'm lonely all I

9:52

have is dopamine I have low motivation

9:54

all I have is dopamine I'm feeling sick

9:56

or tired or weak all I have is dopamine

9:59

endless dopamine binge okay avoidant

10:02

attachment is going into relationships

10:04

like

10:05

this now when they go into a

10:07

relationship like this the first six or

10:10

seven months you can get dopamine from

10:12

the novelty new person new body new

10:14

experiences new all kinds of stuff but

10:18

dopamine wears off you guys you need to

10:21

escalate it that's why people don't just

10:22

stick with vanilla stuff they go upward

10:24

pretty much pretty hard dopamine you get

10:27

really resistant to it okay you have to

10:30

escalate but then the reality of

10:32

relationship set in and they start

10:34

feeling connected and they start feeling

10:35

the other person's connected and they

10:36

start feeling expectations and unclear

10:39

expectations and now putting labels on

10:41

things and the other person wants this

10:43

but this is

10:44

terrifying okay they might actually feel

10:46

some oxytocin and run away in fear from

10:49

it because they were hurt as a child by

10:51

someone who gave them oxytocin then hurt

10:52

them so your brain's like this so then

10:55

at six or seven months the person starts

10:57

saying I don't feel good no I don't feel

10:59

loved I don't feel happy well I'm going

11:01

to keep giving to my partner again

11:03

they're not awful people I'm going to

11:04

keep giving but I don't feel anything

11:06

man this doesn't feel good they start

11:08

losing interest they start pulling away

11:10

they start getting weird the other

11:11

person might become an might be

11:13

anxiously attached and chase them and

11:14

then freak them out but even if they

### **Decline of Connection in Avoidant Individuals**

11:16

don't they just don't don't feel right

11:18

you get to a year and it's like man this

11:20

really doesn't feel right I I don't know

11:21

what to do a lot of avoidant people of

11:23

the year start looking at porn they

11:25

start thinking they get a Tinder profile

11:27

and just kind of flip through they feel

11:29

good about the matches they get a little

11:30

dopamine from the matches a little

11:31

dopamine from the porn they start

11:33

feeling a little better but man they

11:35

just don't enjoy anything in the

11:36

relationship

11:38

anymore very very common for avoiding

11:40

attachment right here guys this leads to

11:43

all those relationship issues because

11:44

you've run away from all the problems

11:46

you've run away from all the

11:47

expectations you've run away from having

11:49

clear conversations about expectations

11:51

about the relationship Bond about the

11:53

relationship contract about anything

11:54

that you could be doing together right

11:56

you start breaking up it starts getting

11:58

bad the avoidant person just starts

12:00

losing that connection because they

12:02

never shifted into long-term oxytocin

12:04

bonding if they're a female partner the

12:07

bedroom Drive

12:09

craters usually okay because the female

12:12

Drive especially long term is looking

12:13

for that dopamine if the male partner is

12:17

avoidant but the female partner is

12:18

anxious bedroom Drive AI also sometimes

12:21

can crat her the desire for it can crat

12:23

her she might still be doing it but then

12:25

she's doing it mechanically she's doing

12:26

it so he won't leave her neither one's

12:28

really enjoying it it's becoming very

12:30

transactional really not fun she's not

12:33

as enthusiastic as she was before okay

12:36

neither is he because nobody really



12:38

wants

12:39

that so it just doesn't feel good

12:42

anymore again I want to stress here

12:44

the vast majority of avoidant people are

12:46

not selfish narcissistic evil people

### **The Fixable Nature of Avoidant Attachment**

12:49

right there's a classification of very

12:51

manipulative avoidant people those

12:53

aren't who I'm talking about today this

12:55

is the type of avoidant person very few

12:57

people talk about but it's most most of

12:59

them it's more like a nervous avoidant

13:01

like an anxious AO a scared avoidant I

13:04

call it ethical avoidant they don't want

13:06

to cheat on anybody or manipulate or

13:07

hurt anybody they just don't feel

13:09

connected they don't know love and they

13:11

don't feel love they don't feel loved

13:15

almost

13:16

ever when I do this this is usually

13:19

where the partners say that's why it's

13:22

that way that's why they're never

13:23

connected to me they don't feel it

13:25

they've never understood it they're not

13:27

evil they just don't

13:29

understand that's a GameChanger a lot of

13:32

avoidant people when I walk them through

13:34

this they

13:35

like okay I thought you were being weird

13:37

but now like that's making too much

13:39

sense like yeah I've always felt that

13:41

always the dopamine really drains off

13:43

I'm just looking for dopamine binge you

13:45

mean there's more what does more feel

13:47

like okay avoidant Partners if you're

13:50

watching this and I hope you are um the

13:54

number one thing I want you to take from

13:55

this is that this is an abnormal AI

13:59

survival state that your brain slips

14:01

into when you grow up in an environment

14:03

where nobody is likely to share with you

14:05

or cooperate with you okay it's a

14:06

survival mechanism Vikings have burned

14:09

your town to the ground you're going to

14:10

have to fight for survival okay avoiding

14:12

attachment makes sense not necessarily

14:15

in modern day world where we're all

14:16

trying to find love and connection and

14:17

the Vikings are not really here right

14:19

doesn't make as much sense and other

14:21

people won't understand when your brain

14:22

is doing this they'll say what's wrong

14:24

with you why don't you ever want to

14:25

connect I don't know I I just

14:27

can't I work with a lot of avoidant

14:29

people in their 40s 50s 60s even 70s and

14:33

they've lived like this their whole life

14:34

and now they want to feel this and they

14:36

say why did I waste so much

14:38

time it's not wasted you appreciate it

14:40

more than anybody else does but look you

14:42

can experience love even if you've never

14:44

experienced it or felt it before okay

14:47

this is the Fulfillment that you have

14:48

been chasing but you thought it wasn't

14:50

for you you just wondered why other

14:52

people felt it and you didn't understand

14:54

where they were getting it from where it

14:56

came from what made them do this okay

14:59

you didn't

15:01

understand now you do so at this point

### **Questions on How to Fix Avoidant Attachment**

15:05

watching so far you have

15:08

questions like how to fix this right how

15:10

to go from this to this okay how to

15:13

biohack and get fulfilled from here to

15:15

here okay good couple places the words

15:18

you're looking for are how do I get

15:20

secure attachment how do I go from

15:22

insecurely attached with anxious

15:24

attachment specifically to secure

15:26

attachment like this now sec attachment

15:30

is about connecting more openly with a

15:32

select number of trustworthy people who

15:35

have proven they are trustworthy who

15:38

will cooperate with you invariably will

15:41

cooperate with you in every circumstance

15:44

will not use things against you will

15:46

care for you as they care for them and

15:49

are worthy of your respect trust and

15:54

relaxation okay so you need to learn

15:57

number one filtering criteria for the

15:59

people who are secure which means

16:01

learning about secure attachment and

16:02

learning the big four criteria for trust

16:06

okay next what you need to

16:10

understand is how to open up on purpose

16:13

how to connect with those people how to

16:15

have those conversations with them these

### **The Process of Opening Up**

16:17

are skills you never learned as a child

16:19

your parents should have trained you

16:20

into these naturally here's how to trust

16:23

somebody and then here's how to open up

16:25

to them you should have learned this you

16:26

didn't these are skills that are missing

16:28

and then fear that it's not possible

16:29

later on top of that okay once you've

16:32

learned to open up on purpose you need

16:34

to learn to form a mutually reciprocal

16:36

conversation and relationship I mean

16:38

relationship where you bond with the

16:40

other person by mutually

16:42

sharing when you do that your brain

16:45

chemicals start going like this and

16:47

frankly so do theirs both of your brain

16:49

chemicals do do this mutually together

16:51



and that's the experience of Love is

16:54

taking care of each other's brain

16:55

chemicals by taking care of each other's

16:57

hearts

16:59

that's the experience of love if you

17:00

want to break it down to its most jaded

17:03

pessimistic view that at least that can

17:05

help you understand what that is that's

17:07

what's been missing for you and that's

17:09

what other people actually want from you

17:12

now those secure relationships then lead

17:14

to a more secure relation secure life

17:17

because as your brain does this you

17:20

sleep better and you produce melat you

17:22

manage melatonin better your actually

17:24

physical pain will go down your stress

17:26

levels will decrease you will be more

### **Switching from Survival Mode to Opportunity Mindset**

17:28

productive instead of being hyper

17:30

survival based you will be opportunity

17:32

minded and be enhancing your experiences

17:35

with other people you'll also be

17:36

building relationships that are enduring

17:39

for when you are weak you won't get

17:41

eaten eaten by Alive by Jackal people

17:44

will care for you and and you'll care

17:46

for them you'll feel fulfilled you'll

17:49

feel content you know that feeling how

17:51

you can say I've never truly felt

17:53

content and joyful in my life you will

17:57

this way these are the the chemicals

17:58

that make you feel

18:00

that now if you want to make this switch

18:04

or if you want to make your partner make

18:05

this switch or help them I should say

18:07

help them make this switch change is

18:12

possible avoiding attachment is not a

18:14

lifelong sentence I will just always be

18:16

avoidantly attached forever that's not

18:18

how it works you guys okay secure

18:21

attachment is the answer when you build

18:24

secure attachment you build this secure

18:27

life better chemicals better quality of

18:30

life better relationships better

18:33

fulfillment all those pieces that have

18:35

been missing they stop missing they fill

18:38

in the picture becomes clear you enjoy

18:42

your life so much more so I'm not here

18:45

to say that people of avoid and

18:46

attachment are bad or that their life is

18:48

awful or that they're broken or not to

18:51

trust them there's enough of that crap

18:53

on the internet I am here to say that

18:56

avoidant attachment is

18:59

fixable it is reducing your quality of

19:01

life to like 20% of what you could

19:04

experience and you can 100% overcome it

19:07

if you want to okay if you need some

19:10

help I've got tons of resources on how

19:12

to do that here on this channel but I

19:14

want today to make sure that anxiously

19:17

attached people see what their partners

19:18

are going through and that avoidant

19:20

attached people see the truth about

19:22

avoiding attachment I'm here to help I

### **The Fulfillment of Secure Relationships**

19:24

have coaching I have a course I have a

19:26

group I have a book I have all kinds of

19:28

materials for you guys okay avoidant

19:32

people here's the number one thing I

19:34

want to

19:35

say most people who have avoiding

19:37

attachment style don't believe at first

19:38

that it exists they they think that I'm

19:40

scamming okay that everybody is scamming

19:43

they think everybody is out here talking

19:44

about emotions that don't really exist

19:47

they say it's stupid to believe that you

19:49

could have more they they think that

19:51

they're very practical and and you're in

19:52

that survival mode so so breaking that

19:55

feels like it's going to kill you no

19:57

judgment Jud ment no judgment here

20:00

zero be safe do your research most

20:05

avoidant people float around me for six

20:07

months to a year before they'll even

20:09

leave a comment to see if I'm fake or if

20:11

I'm G to have a scandal or or try to

20:13

steal money from your from your pockets

20:15

or pry gold teeth out of your mouth they

### **A Message for Avoidant Individuals**

20:17

they wait for that because that's what

20:18

they're used to and I don't judge for

20:20

that take your time but I'm here when

20:23

you're ready when you want to have a

20:24

conversation reach out in the comments

20:26

or my emails let me know okay

20:28

avoidant attachment is something that

20:30

starts early so you never know the

20:32

difference hopefully through this video

20:34

now you see the difference in the brain

20:36

chemicals and the experiences and the

20:39

outcomes and the relationships that you

20:41

have right this is the change that needs

20:43

to happen if you want to have a secure

20:46

life and everybody who's out there if

20:48

you want to love an avoidant partner

20:50

this is the change that you can help

20:52

them

20:53

achieve openly transparently clearly not

20:57

not with social engineering help them

21:00

achieve this if it's something they

21:02

want together you can build secure

21:04

relationships which equal a secure life

21:08

secure relationship equals secure life

21:10

you guys build a secure life and finally

21:14

embrace all that fulfillment that's

21:15

available to



21:17

you I am Adam Lane Smith I'm the

21:20

attachment specialist I help make

21:22

relationships better I show you all the

21:24

pieces you have missed that nobody else

21:27

taught you okay and if you need more

21:29

information on how attachment issues

21:31

impact your life check out one of the

21:33

two next videos either how to love an

21:36

avoidant man or how to love an avoidant

21:38

woman part one depending who you're

21:40

aiming for okay check it out and start

21:43

giving love in the way that people need

21:45

it I'll see you

21:54

there