

you don't just love him you're addicted to him anxious women are obsessed with avoidant men for the very same reason

0:06

that people get hooked on gambling it's intermittent reinforcement of dopamine

0:12

coupled with oxytocin that makes them feel so safe when he runs away she feels

0:18

terrified and she chases and the moment he re-engages her system floods with

0:24

bonding hormones and dopamine to reward her for her chasing Behavior she can't

0:30

stop the cycle because she's addicted to that man and that's exactly why she will

0:35

date avoidant men over and over until she fixes that pattern she's got to fix

0:41

the addiction why does this happen why do avoidant men have such a magnetic pull for anxious women this isn't just a

0:49

toxic relationship it's a biochemical addiction I'm Adam Lane Smith the

0:55

attachment specialist and today I'm going to tell you exactly why anxious women get neurochemically addicted to

1:01

avoidant men and how to break free from this cycle once and for all the anxious

1:07

and avoidant trap is one of the most painful relationship Dynamics I see in my coaching and it's remarkably common

1:14

when I posted about this on Instagram recently it resonated with 2 million women who recognized thems in this

1:22

pattern here's what makes this so insidious it's not just a broken emotional attachment it's a biochemical

1:29

addiction that functions exactly like a gambling addiction does in your brain and just like any addiction willpower

1:36

alone is not enough to break it today I'm taking you deep into the Neuroscience of this addiction

1:43

explaining where it comes from and giving you concrete strategies to rewire your brain for healthier connections by

1:51

the end of this video you'll know exactly what to do so you never get stuck in this relation trap ever again

1:57

now this process is something I call the ner chemical slot machine anxious women are obsessed with avoidant men for a

2:04

similar reason that people get hooked on gambling we talked about this the intermittent reinforcement of dopamine

2:11

that's coupled with oxytocin when you meet an avoidant man your system gets flooded with three powerful chemicals

2:18

that you need to know about the first is dopamine you've got intense emotional

2:24

surges going through you and it feels so good to have someone's attention and to have that full connection this is the

2:30

reward transmitter that creates the high feeling you also get oxytocin now a lot

2:36

of avoidant men will do something called love bombing it's where they give you a deep saturation of attention connection

2:44

and maybe even flattery most of them are not doing this specifically to try to

2:50

bond you on purpose they're doing it to give you dopamine and they're also receiving dopamine anxious women though

2:56

in particular are using this as a sign of safety an attention and they get

### **The Role of Hormones in Social Bonding and Attachment**

3:01

oxytocin that's the bonding hormone that mammals get to create full attachment

3:08

safety and social bonding between creatures without stress it is the signal that says I am loved and cared

3:16

for and then you return it to the other person you also and this is fun get adrenaline the excitement hormone yes it

3:24

can go off during bad times it can also go off during good times and it floods your system with that hormone that

3:31

creates intensity it drives it so now you feel loved and cared for you have a

3:37

high sensation that's rewarding you for being here talking to this person and a flood of excitement that you can't tell

3:43

if it's coming from a great happy place or a terrified place your system is overwhelmed but let's go a little bit

3:50

deeper into this process because it doesn't stop with that first meeting here's how the Cycle Works you meet him

3:57

and you experience that initial connection we just talked about the oxytocin the dopamine the adrenaline and

4:05

it's amazing but at some point the connection doesn't last he may pull away

4:13

maybe he's overwhelmed and stressed by his own life so he pulls away to get some space he may pull away because he's

4:19

confused about what you want he might pull away because you have needs and desires that might not align with his or

4:26

he just doesn't understand what your needs and desires are so he pulls away to get perspective or space or relief this

4:33

causes cortisol the stress hormone to spike in your system that creates

4:39

anxiety it says danger I am in danger that creates anxiety and triggers panic

4:48

and fear of Abandonment and You Begin craving him this is because anxiously

4:53

attached people have an external Locus of control they expect other people to have control over how they feel

5:00

they also expect about 50 to 70% of their internal regulation to be coming

5:06

from co-regulation externally they are waiting to be co-regulated by a partner

5:11

and other people in their life so they're hoping for it when he steps away they lose 50 to 70% of their ability to

5:18

regulate leaving them only about 30% to frantically fight that panic and this is

5:24

why they have that sense of Abandonment as well now this these people engage

5:29

what's called fawning behaviors fawning is one of the processes inside your sympathetic nervous system in your fight

5:36

ORF flight response the deeper layer Beyond fight or flight when that won't work Fawn and freeze so in this case

5:42

Fawn get approval make them feel good pull them in when she does

5:48

this sometimes he responds sometimes he doesn't this is the intermittent part but when he does when he comes back boom

5:56

a huge rush of dopamine oxy and interestingly serotonin as well so

6:03

your mood stabilizes you feel incredibly high and satisfied and you feel loved

6:10

and cared for it floods your system as a reward for your fawning and chasing

### **UnderstandingBreadcrumbing in Relationships**

6:15

Behavior the result here is that you feel an intense Rush of love and

6:20

connection and relief every time you get a response now you don't always get a

6:27

response which is why it's just keep trying just keep trying just keep trying and a lot of women will keep doing it

6:33

even as he stops rewarding it more and more and more was what we call breadcrumbing where they reward the

6:39

behavior less but the flip side of that is the anxious person continuing to pursue looking for that next payoff the

6:46

next jackpot they're waiting just like in gambling for their next payout I want to take a moment to invite

6:52

you to my attachment immersion Retreat the first week of May up in Vale Colorado where I'm going to be training

6:58

and teaching and then practicing attachment skills relationship skills

7:03

and all the communication skills you need to build an incredible relationship if you want to learn more about this and join me please check out my website Adam

7:11

Lan smith.com there's a retreat link right on there now your brain Associates him with that high and with safety and

7:19

love and all those things you need to feel that you're used to and because it's repeated at unpredictable intervals

7:26

it creates the perfect conditions for bio chemical addiction again this is

7:32

identical to how slot machines are designed they don't pay out every time

7:38

that would be boring they pay out unpredictably creating a variable reward

7:44

schedule that neuroscientists know is the most addictive pattern possible now

7:50

people here who are probably 35 or 40 and up remember slot machines people who are younger remember video games things

7:57

like loot boxes random loot generators the boxes that you have to buy 10 at a time in a lot of games and you hope that

8:04

you get one really good item out of those and it keeps you punching and putting in your credit card for more and more and more the same process slot

8:11

machines for the older Generations video game loot boxes for the younger generations and again inside these

8:18

romantic relationships emotional validation for the anxious partner it is

8:23

all the same mechanism your avoidant man is literally a slot machine of love you

8:29

keep pulling the lever hoping for a jackpot that moment of full connection and security you get just enough small

8:37

wins to keep you playing just enough attention to keep you hooked your brain

8:43

is stuck in the cycle chasing that next big hit convincing you maybe this time I'll finally win but the big jackpot

8:51

commitment the million dollar prize and the brand new car remains totally

8:56

elusive that's why casinos Park that brand new convertible there and have the million or \$10 Million jackpot right

9:03

there in front of you visible from every machine because when you get a medium payout you look over and see what you

9:09

could get next time same thing if you're dating an avoidant man you get one connection you look over and see a

### **Understanding Emotional Impermanence in Relationships**

9:15

married couple sitting there and say that could be me next time I'd better keep pulling and this is not usually

9:21

intended on his part I want to be very very clear here this is not a malicious behavior this is not him laughing there

9:28

to himself that he's got you on the hook personality disorders might do that but not an ethically avoidant man he's not

9:35

actively keeping you addicted or seeking to manipulate you in this way his brain does not experience this same feeling so

9:42

he doesn't understand why you're becoming emotionally entangled desperate or upset this is why he appears confused

9:50

and even alarmed as the cycle goes on this process is why anxious women

9:56

Chase avoidant men over and over even when they know it's hurting them there's

10:01

also another important mechanism at work here that we must talk about which is called emotional impermanence I'm going

10:08

to go through this with you very quickly children develop something called object impermanence that's an understanding

10:13

that objects continue to exist even when they can't be seen you have a little toy

10:18



you move you pull it away they don't see it they think it's gone forever they might even cry you bring it back there

10:24

it is it's visible you put the toy under a blanket or a towel they pull it off and they teach themsel to their own

10:30

brain that objects have permanency objects continue to exist when I can't see them this is one reason we play the

10:37

game peekaboo I still exist when you can't see me this is one reason Children Cry early in life after newborns when a

10:44

parent is not there because you're not there you don't exist you reappear you exist again this is when you have 100%

10:51

co-regulation for the caregiver and this is where a lot of anxiously attached people come from right here is this

10:56

problem because anxious adults often lack emotional permanence the understanding

11:03

that love just like those objects and connection remain even when they're not actively being demonstrated okay this is

11:10

because in infancy when their caregiver wasn't right there making them feel good saying I love you and you're wonderful

11:17

they might be somewhere else getting worse and then realize they didn't like that child or get mad or pull away and

11:24

they could come back unpredictably they might go away looking great come back angry and yell the child for no reason

11:30

and the child says while you were gone you stopped loving me when you're not around me you're falling out of love

11:36

with me emotional impermanence let me walk you through a typical thought spiral for emotional impermanence so you

11:42

can see if this is you and let me know in a comment if this is something you've experienced say that your avoidant

11:48

partner shows you love and affection they're right there with you they're like this is great this is the best date ever I love you so much kiss on the

### **Understanding the Anxious Spiral in Relationships**

11:55

forehead your great baby doll you be you right all the loving stuff everything everything is perfect you're connecting

12:02

he's telling you you're beautiful then he goes to work he's gone suddenly his

12:08

love becomes invisible he you text him a thought or a funny thing and you know he should be coming up on break but he

12:14

doesn't respond to your text and you know his break time has passed your brain starts kind of racing you know I

12:22

don't know why he's not texting me maybe it was just kind of weird so you text him again for lunchtime and you're like ha how you doing he doesn't respond on

12:29

through his lunch break now your brain starts racing really racing he's probably talking to somebody else at

12:35

work I bet it's a woman I bet it's a beautiful woman let me text again maybe

12:40

maybe it's maybe I'm just overreacting I'll text again you text again his next break grows through and you don't get a

12:47

response your brain starts freaking out he must not love me anymore what did I

12:53

do wrong he's probably making out with that beautiful woman in the car she's probably already with him and Pregnant

12:58

and they're proba living a double life this whole time he's always loved her I was just this worthless backup now he

13:04

knows it so you send him a few more texts like I'm sorry I'm bothering you I'm sure you've got so many more important things going on just ignore me

13:12

and then at the end of his shift you get a text back that says sorry babe my lunch was delayed and I didn't get my

13:18

breaks because we were so busy just getting these I'll be home in 15

13:23

minutes this type of thing might even happen a few times a week maybe even a couple times a day each time that that

13:31

avoidant person returns and reassures you you get that massive dopamine hit

13:37

that reinforces the anxious spiral and the chasing behavior and says oh man

13:42

like he cares about me it's so incredible and it rewards that entire process that you just went through

13:48

here's a deeper portion of the childhood connection if this was you again drop me a comment let me know emotional

13:53

impermanence is me let me know because it's not just you it's millions and millions of people but this pattern

13:58

doesn't develop randomly this is not just something you're born with it's rooted in early

14:04

attachment experiences as children anxious individuals typ typically have caregivers who are inconsistently

14:11

available sometimes they're attentive sometimes they're not sometimes your parent had massive anxiety was pacing

14:16

the floor leaving you in your crib to cry and you don't remember that okay

14:21

your parents might have been emotionally unpredictable warm one moment cold another panic disorders might set in for

14:27

the parent and they're freak out and yelling at you and you have no idea why when they really stress out personality

### **Understanding Anxious and Avoidant Attachment Styles**

14:34

disorders they can be hot and cold and make you believe it's your fault they can even tell you it's your fault

14:39

because you didn't make them feel something they wanted to feel and last piece the caregivers may have made love

14:46

conditional in Behavior you received a message that seemed to say be good or mommy won't love you anymore maybe your

14:53

mom even said that some moms do other moms say it with their language some fathers say it as well in any case

14:59

through these behaviors the child learns that love is something that must be earned through effort it is never secure

15:06

or guaranteed it can be taken away at a moment's notice and it's something that can disappear without warning and the

15:12

result is that the brain develops neural Pathways that equate uncertainty with love the familiar

15:19

anxiety of not knowing if you're loved becomes so deeply ingrained that relationships without that anxiety don't

15:26

feel like real love to an anxiously attached person feels like something's weird or something's off and this is why

15:32

secure Partners often seem boring or uninterested and why the anxious person must pursue someone who love bombs them

15:39

at the start floods them with that chemical gambling cocktail and then leads them on an unpredictable emotional

15:46

impermanence cycle to continue getting their gambling addiction when you meet a secure partner the steady consistent

15:53

connection that goes much slower often feels boring compared to the dopamine fueled roller coaster that you're

15:59

accustomed to your brain actually misinterprets stability is a lack of interest and compatibility they just

16:06

don't like me they're not interested they're probably not looking for someone totally fine I'm not anybody's catch I'm

16:13

awful anyway it makes sense no one would love me hey look somebody who has given me overwhelming attention in the first

16:19

three seconds that's that's what the anxious brain is looking for it looks for love bombing a lot of women say why

16:25

do avoidant men love bomb avoidant men will say why do anxious women demand love bombing to even know that I'm

16:32

interested both sides of the equation are frustrated this is part of the reason why avoidant partners are so

16:38

intoxically attractive to anxiously attached people your brain is trying to win the love it didn't get consistently

16:45

as a child and win that jackpot and avoidant men who give just enough to keep you hanging on feed right into this

16:52

now I have to say this next part because a lot of avoidant men are out there like yeah anxious women are a they're just

16:59

terrible they should really step up their act I've heard that quite a bit from a lot of avoidant men and I don't

17:04

agree with it because this is not a one-sided phenomenon avoidant men are equally drawn to anxious women creating

### **Understanding the Anxious-Avoidant Cycle**

17:12

a mutually reinforcing cycle the anxious partner pursues love intensely and

17:18

pursues connection which means that the avoiding partner doesn't have to they

17:24

have someone chasing them around giving them love and attention and connection so they don't have to prioritize the

17:30

relationship you have a personal assistant dedicated to having your relationship for you you also get an

17:37

overwhelming amount of free love no strings attached up until suddenly there's a price tag and then suddenly

17:43

you duck out of the restaurant through the bathroom window that can happen a lot too so I want to make this very very

17:48

clear that the unhealthy behaviors while not blaming are existing on both sides

17:54

now it creates a fully reinforcing cycle for both the anxious partner pursues that connection intensely the avoidant

18:01

partner feels suffocated and withdraws the withdrawal triggers panic in the anxious partner who pursues more

18:08

desperately with fawning behaviors The increased Pursuit confirms the avoidant partner's fear that connection means

18:14

loss of freedom and the cycle deepens and becomes more entrenched with each rotation because eventually they give up

18:22

the anxious partner gives up chasing the avoidant partner relaxes Comes Back Rewards now they just cycle in again and

18:29

again and again what makes this particularly challenging is that both partners are getting their core attachment beliefs confirmed the anxious

18:36

Partners belief that love is unreliable and I have to work for it and the avoidant partner who says getting close

18:42

to others is suffocating now what keeps the anxious partner pulling that lever is the belief

18:49

that eventually if you just love him enough if you're just patient enough if

18:55

you just find the right words you'll hit the jackpot he'll suddenly transform

19:01

into the consistently loving and attentive partner that you've always

19:07

wanted this is the

19:27

cruestrv painful truth an avoidant partner cannot give you consistent

19:34

connection until he addresses his own attachment wound Your Love Alone no

19:41

matter how perfect or abundant cannot heal him cannot convince

19:48

him what you can do is to work to break the addictive cycle and free yourself

19:55

now that you understand the science behind the addiction let's talk about how to break free because like any

20:01

addiction it requires systematically rewiring your neural Pathways in five

20:07

steps the first step to Breaking any addiction is awareness you are not just

20:13

hopelessly in love you are biochemically addicted just like quitting a gambling



20:18

habit Breaking Free means breaking the dopamine cycle start noticing when

20:24

you're pulling the lever sending that text making that call initiating that

### **Understanding and Interrupting Attention-Seeking Behaviors**

20:29

conversation with the unconscious hope of getting a dopamine hit from his

20:35

attention a bid for attention is not an appropriate behavior for a full-grown

20:41

adult in a romantic mature relationship instead ask yourself this

20:47

am I connecting authentically right now or am I seeking a hit of

20:53

reassurance as a practical exercise keep a slot machine journal for one week each

20:59

time you reach out to your Void partner note down number one what triggered your desire to reach out what feeling what

21:06

desire number two what you hoped to get reassurance attention affection number

21:13

three how you felt after his response or lack of

21:19

response this awareness in this journal for one week alone can interrupt the automatic cycle and give you back

21:25

control now if that doesn't work try this set some time limits that increase

21:32

in duration over a period of a few days where you start delaying your responses

21:38

to his breadcrumbs his texts his attention you don't immediately jump on

21:43

it this can reset your dopamine Baseline because you're not lunging at every

21:49

little breadcrumb the moment it comes in start with something manageable for your anxiety for example 30 minutes and

21:56

slowly increase the time time amount don't lunge at your phone give it some

22:03

breathing room set an interval note how you feel during this time once you do

22:08

connect note how you feel then it should decrease in severity as you get used to

22:14

the time gaps step two in this process very important is to diversify your

22:20

oxytocin portfolio one of the biggest vulnerabilities for anxious individuals is having all their attachment needs

22:27

focused on a single person you need to build a wider network of secure attachments so you are getting oxytocin

22:34

in more than just one place most anxious women don't know how to create deep

22:40

connections on their own with friends and family they emotionally dump their sadness and get some temporary Comfort

22:46

but that's not the same as building Rich secure oxytocin driven bonds there's an

22:53

important distinction soothing is not the same as regulating

22:58

someone soothing you temporarily calms anxiety but it doesn't address the

23:03

underlying dysregulation true regulation comes from secure connections that help stabilize

23:10

your nervous system co-regulating with other people in your network should be about 30% of your own self- well-being

23:18

again the numbers show social mammals 70% self-regulating through physical

23:24

techniques eating sleeping right all of those activities that they do self-regulating and then 30%

23:31

co-regulating with Community now that probably involves 10 to 15% with your

23:36

partner and 10 to 15% with the people around you in your family and friend

23:42

connections it's very very important that you'll be getting your full connection from family and friends in

### **Building Healthy Connections and Emotional Self-Regulation**

23:49

the same way that if you have a gambling addiction one thing that they often teach is a fulfilling lifestyle where

23:55

you are being given regular dopamine hits and connection and fulfillment so

24:01

that it's not only go to the casino so I feel good you need to be getting those

24:06

hits elsewhere and notice that your partner should only be giving you 85% to

24:11

100% they aren't coming in when you're at 40% and trying to drag you up to 95

24:17

that's also not going to work your partner also shouldn't be able to drag you down to 95 because you're doing

24:23

self-regulation to stabilize at about 70 very important important that you be managing your own nervous system that

24:30

way and a lot of anxious people don't believe they can you absolutely can and in fact you must this is a basic

24:36

biological feature for every living organism true regulation comes from that

24:43

connection and knowing that you have control internally and then 30% from your relationships as a practical

24:50

exercise to help you do this Identify two or three people in your life not

24:56

romantic interests with whom you could develop deeper connections somebody that

25:01

you know is stable caring has good morals and is at least predictable they

25:08

need to be a predictable human being that you know how they're going to act when you share something schedule some

25:14

regular intentional time with them that focuses on Mutual sharing and support

25:19

this is not a time to vent about your partner by the way this is a time to come in and say hey here's some challenges I'm experiencing as an

25:26

individual here's what I'm doing to over come them can you keep me accountable in this area or give me some advice here

25:32

now what challenges are you working on how are you living how are you sharing it could also be time where you're

25:38

simply immersing in their presence and enjoying being with them social mammals

25:43

through mutual grooming play care and simply being together bring

25:49

co-regulation to each other again your partner is only 10 to 15% of this process make sure that you're getting

25:56

this connection with the people around you then your partner does not become the only slot machine on the planet and

26:02

the only way to pay your biochemical bills by gambling don't gamble at all enjoy your relationships step three work

26:10

to develop emotional permanence and this is a big one just as children learn object permanence you can develop

26:18

emotional permanence the ability to hold on to the knowledge of connection even when it's not being actively

26:24

demonstrated to you we're going to jump straight the Practical exercise here okay how to do

26:30

this you're probably wondering Adam how is this even possible create some tangible reminders of connection for

### **Managing Relationship Insecurities with Affirming Messages**

26:37

example save affirming messages from Partners friends or family you might screenshot a particularly loving

26:44

romantic video uh picture or or a note or or a text and save it to your notepad

26:51

and then pull it up when you're feeling insecure you might actually ask your partner as part of the process to say

26:56

hey look I I don't mean to overwhelm you with a emotional needs I need one thing could you write me a reassuring note

27:02

that's letting me know that even when you're not around me you still care about me you feel warmly toward me and

27:07

you're not giving up on me while you're out there I know this sounds silly please do this for me I'm going to screenshot it and remember it so that I

27:13

don't have to come bother you all the time if you're with an avoidant man he will probably scramble to do that as

27:19

fast as possible hoping that you'll be self-regulating avoidant men in particular value a partner who is

27:26

self-regulating so this is not a bad ask this is a actually quite refreshing

27:31

thing for them I want to manage myself can you help me by doing this thing for me absolutely where can I send it to

27:39

I'll send it notarized that's usually the response okay the next thing to do

27:44

is create a connection inventory a list of times that you have felt securely

27:49

connected to that person this is very important now if you have multiple

27:54

people in your life you're less likely to worry about the emotional imper as well because even if one Fades another

28:01

one is right there so you're not utterly alone that's important but connection inventory when you felt securely

28:07

connected you can also look back earlier in this video and look at your Journal of how you react to these experiences

28:14

and note okay odds are very good this is one of my irrational behaviors and I can

28:19

see that I'm doing them it's on paper I'm recognizing it's this pattern I'm going to give it 30 minutes or an hour

28:26

or whatever before I react to it also very helpful see how all these steps stack you need to be following all of

28:31

them and the next thing is to practice object permanence in emotional by

28:37

visualizing your connections remaining intact even during separation visualize

28:42

them coming back at the end of the day put your emotions aside right now for a moment that he's already in a car

28:47

driving to to Vegas to get married to that coworker that he realized he's always loved and you're not good enough

28:53

put that aside and visualize the reconnection moment when he comes home at the end of the day and he's really

28:58

connecting with you this will give you oxytocin and serotonin and it's almost as good a hit through memory and and and

29:05

projection it's almost as good of a hit without having to rely on the external

29:10

when anxiety strikes you really important when anxiety strikes you

29:16

consciously remind yourself his love doesn't disappear just because I can't

29:22

see it right now remember object permanence very important now step four

### **Understanding Covert Contracts in Relationships**

29:29

disrupt the covert contracts many anxious individuals operate on what my

29:34

mentor the attachment Pioneer Dr Robert Glover calls covert contracts unspoken

29:41

agreements where you give everything to the other person hoping to eventually win the jackpot the covert contract is I

29:49

will give you everything including my heart and soul on a silver platter and I

29:54

won't say anything at all or ask for anything and someday you'll be so grateful you'll give me the security and

30:01

connection that I crave now the problem your partner never agreed to this

30:07

contract and often doesn't even know that it exists and you're telling them the opposite because you're constantly

30:13

telling them you don't want anything this is manipulative Behavior

30:19



it's not malicious but I want to be clear it is manipulative so let's call it out for what it is now let's stop

30:26

this a practical exercise replace all covert contracts with direct explicit

30:32

communication identify what you're really wanting when you pull the lever what am I really wanting here I had you

30:38

do this earlier in this video what am I really wanting here practice asking for

30:43

it directly next hey I'm feeling disconnected from you I would love to have a meaningful conversation tonight

30:50

just so we can reconnect not about anything in particular I just want to be with you again that right there much

30:58

better text to send than hey how you doing 73 times while he's working an

31:04

eight- hour shift right hey I'm feeling disconnected from you right now having an anxious moment I would love to have a

31:10

meaningful conversation tonight about your day when you get back just so I can feel reconnected to you he's going to read that and go huh she's taking care

31:17

of herself good all right I'll see her tonight okay babe see you then nobody is stressed everybody is

31:25

calm he comes home he can go hey how you doing and you'll say I'm really good I'm glad to reconnect with you he'll go okay

31:31

well give me a hug here all right well why don't we do this hey you know did you have a hard day what was going on oh

31:36

okay why don't we go to dinner together let's enjoy let's enjoy a movie let's let's hang out you sound like you kind of had a tough day I did too and I'll

31:42

tell you about my day boom how many of you would love an interaction like that with your avoidant partner you are one

31:50

really good text message away from being able to do that but instead you're

31:55

fishing you're doing bids for ition that's the problem that's why you don't get what you want change the way you

32:02

behave accept those direct quests requests and and say that have direct

32:09

explicit communication instead of covert contracts understand they may not always

32:14

be met but you can negotiate and they're healthier than manipulation and they're

32:20

almost always going to get you something that actually makes you happy now number five and it's a good one rewire your

### **Rewire Your Nervous System for Healthier Relationships**

32:28

nervous system over time the deepest healing happens at the level of your

32:34

nervous system which is currently programmed to associate anxiety with love the goal is to teach your nervous

32:42

system through time and repetition that safety and connection go together not

32:47

anxiety and connection breaking this addiction is about systematically rewiring neural Pathways that were

32:53

formed in early childhood you've been pushing that slot machine button and yanking the lever because your parents

32:59

taught you that was how to get love you need to learn an entirely different framework for connection one that's

33:06

based on Mutual connection rather than Pursuit and reward because the goal here is not just

33:13

to stop chasing an avoidant man not really the goal here is to build healthy

33:18

mutually emotionally fulfilling relationships where you feel safe and at

33:24

peace and loved and the best way to do this honestly is through coaching you're

33:31

going to need somebody to guide you through the process of remaking secure attachment this isn't something most

33:37

people can just wing it and do alone your brain is wired to default back to those familiar patterns especially under

33:44

stress so you're going to need someone to help you at some point just going to let you know if you recognize yourself

33:49

in this pattern of addiction know that you are not broken your brain is not

33:55

wrong it's functioning exactly it was programmed but you can reprogram it and

34:01

that's the magic you know this cycle isn't going to fix itself and every day that you wait to take action you're

34:07

reinforcing the addiction I've helped hundreds of women break free from chasing avoidant men and

34:13

build secure fulfilling relationships instead both with themselves and with their Partners so it's time to stop

34:19

pushing the slot machine button it's time to stop chasing unavailable men it's time to stop feeling like you'll

34:26

never get the love you deserve I can help you change that schedule a free Discovery call with me and my team

34:32

we can give you support guidance and a clear path of action for your future you can start building the relationships you

34:39

have always wanted right now one that's mutual and communicative and secure and

34:45

my team and I are here to help you every step of the way contact me at support Adam Lanes smith.com to see if coaching

34:52

is the right fit for your journey towards secure attachment I'm Adam Lane Smith the attachment specialist thank

34:57

you for sharing your time with me here today if this was helpful make sure you like comment share subscribe and ring

35:05

that little bell for notifications so that you get notified every time we go live I'll see you on the next one