

attention ladies out there who have an

0:01

avoidant man in your life I'm going to

0:03

warn you right now if you use the wrong

0:05

words when you're trying to communicate

0:07

with him not only is he not going to

0:09

understand what you're trying to say but

0:10

you are going to accidentally drive him

0:12

away and that can ruin an otherwise

0:15

promising relationship avoidant men use

0:17

language completely differently from

0:19

anxious people and from how the internet

0:22

psychology groups speak and that's why

0:24

nothing that you show him about avoiding

0:26

attachment style is going to make sense

0:27

to him it's really just going to make

0:29

him feel hurt attacked and want to leave

0:32

it's also why avoidant men tend to love

0:35

this Channel and why they resonate with

0:36

my videos and why they write in in

0:38

emails and comments to tell me that they

0:40

finally understand attachment it's

0:42

because I speak the same language that

0:44

they do I'm Adam Lane Smith the

0:46

attachment specialist in the last couple

0:48

of months I have become the attachment

0:50

Whisperer I have worked for years with

0:52

people who have attachment challenges

0:54

and especially with avoidantly attached

0:56

men today I'm going to pour all of my

0:58

experience into this video and show you

1:00

exactly how avoidant men communicate and

1:03

it is going to change everything that

1:04

you think you know about avoidant men

1:07

and for the avoidant men who are out

1:08

there watching right now hey guys I'm

1:10

going to help you decode what the

1:12

internet means when they talk about you

1:15

because I know some of the stuff out

1:16

there is nasty okay let's get right into

1:20

it what does the internet have to say

1:22

about avoidant attachment style and

1:24

especially avoidant men and why is it so

1:27

wrong okay I I have seen so many content

1:30

creators out there who blast avoidant

1:32

men as monsters right they talk about

1:36

them like they're terrible human beings

1:38

and this is why most avoidant men have

1:39

no interest in learning about attachment

1:41

Theory because it sounds like it's just

1:43

a stick to beat them with now the

1:45

biggest biggest mistake though that I

1:47

have really seen even bigger than that

1:49

is fear language avoidant men are afraid

1:53

of X okay especially avoidant men are

1:56

afraid of commitment apparently they're

1:58

afraid of everything in the world okay

2:01

they are endless cowards they just run

Avoidant men and risk-taking

2:03

around shivering on their boots

2:05

meanwhile in reality avoidant men commit

2:08

to starting five businesses they buy

2:11

Bitcoin they hold it for 10 years

2:13

they'll invest here they're some of the

2:14

biggest risk-takers on the planet you

2:16

guys they run on they thrive on dopamine

2:19

and adrenaline and they are chasing big

2:22

risks how can we say that they're

2:24

terrified how can we say that they're

2:25

cowards now especially when you consider

2:28

that many avoidant men rise into high

2:29

high power executive positions they

2:31

build multi-million dollar companies

2:33

these are people driving industry

2:35

through most of the corporate world many

2:38

of them like I said are Adrenaline

2:39

Junkies they would love they would love

2:41

to ride an experimental jetpack to work

2:44

if they could they'd fly up even if it

2:46

halfway killed them they would love it

2:49

this is why they roll their eyes at

2:50

internet psychology videos that

2:52

basically call them cowards avoidant men

2:55

are not cowards they track risk this is

2:59

a survival adaptation okay they have

3:01

developed a survival adaptation to be

3:04

hyper aware of risk because they don't

3:06

believe anybody else is going to help

3:08

them when that risk eventually closes

3:09

around them they don't believe other

3:11

people will assist them they don't

3:13

believe anybody else is going to pull

3:14

them out they don't believe other people

3:16

will be fair with them when the chips

3:17

fall they don't believe that anyone has

3:20

their back so they have to be hyper

3:22

aware of risk so when the risk is clear

3:26

and they can make an educated decision

3:28

about that risk they take it they'll

3:30

take the shot they love it they love

3:33

taking calculated risks this is why I

3:36

say avoidant men are risk focused

3:39

they're not fear focused they're risk

3:42

focused this is a massive difference

3:44

they are not

3:46

afraid they look at risks and if there's

3:49

too many unknowns yes they may have a

3:51

fear Spike but they wouldn't say I'm

3:53

afraid they'd say that's a foolish

3:57

risk now why is this mistake happening

4:00

why are we calling them cowards why are

4:01

we calling them afraid right fear

4:04

language resonates specifically with

4:06

anxiously attached people they

4:08

understand the language of constant

4:10

anxiety the constant fear the constant

Understanding Avoidant Attachment for Avoidant Men

4:12

Terror when make when we make videos for

4:14

anxiously attached people risk it it

4:18

doesn't quite resonate with them the

4:19

same way that fear does even I did this

4:22

a bit at the start right in my ver

4:24

videos right an avoidantly attached men

4:26

are afraid of the the commitment and

4:28

Afraid of the risk that it will bring

4:30

and so they're ducking out of the

4:31

relationship this is how anxiously

4:33

attached people hear it and how it makes

4:35

sense to them the vast majority of

4:37

people trying to learn about avoid about

4:39

attachment styles to be honest with you

4:41

are anxiously attached people they're

4:43

the first group of people to go out

4:44

finding answers because they think they

4:46

are the the problem and they want to be

4:48

proven wrong so most content is made for

4:51

anxiously attached people like I said

4:53

even I did this at the start because of

4:56

anxiously attached people were about 99%

4:58

of my audience for that first year so I

5:01

tailored my explanations to their

5:03

understanding he's afraid of commitment

5:06

is easier for them to understand then he

5:09

is running constant risk assessment

5:11

protocols and there are too many

5:12

variables for him to track and to

5:14

control in a committed relationship so

5:15

he avoids what looks like a foolish

5:18

gamble that doesn't make as much sense

5:20

to an anxiously attached person as he's

5:22

afraid of commitment okay make sense but

5:26

when I explain about risk-taking and

5:28

risk tracking to avoidant men it clicks

5:31

like that they understand how their

5:32

constant analyzing robs them of the

5:34

ability the ability to immerse into an

5:37

experience with another person or to

5:38

relax into that Bond and really enjoy it

5:41

so when I say avoidant men the challenge

5:43

for you in relationships is that you are

5:45

running constant risk assessment

5:47

protocols there are too many variables

5:48

for you to track and you cannot control

5:50

them all in a committed relationship and

5:52

this is why you avoid what looks like a

5:54

foolish Gamble and this is why you duck

5:55

out of relationships even if you

5:57

otherwise wish that you could stay in

5:58

them that resonates now how do I know

6:01

that this language resonates it's

6:03

because my recent videos have all

6:04

started using this language I have

6:06

shifted from being primarily focused on

6:08

educating and teaching anxiously

Managing Risk in Relationships with Avoidant Men

6:10

attached people to diversifying so I can

6:12

teach both sides and especially in

6:15

avoidant people I have started using

6:17

this risk focused language this is why

6:19

avoidant men are pouring into the

6:20

comment sections to share about how how

6:22

this clarifies so many things for them

6:25

this is why their partners are telling

6:27

me in coaching sessions Adam I use that

6:29

risk language and that language shift

6:31

has changed everything he finally gets

6:33

me this is why couples come in and I say

6:36

we're not going to talk about fear

6:37

anymore we're going to start managing

6:38

the risks together and as you both do

6:41

this you will find a deeper Bond because

6:42

you'll trust each other and he's like

6:44

this makes so much sense and she's like

6:46

why did that make sense he says because

6:48

it's about risk the risk is the

6:52

problem this is how avoidant men process

6:55

relationships risk so let's talk about

6:58

this how can you use this language in

7:00

your relationship with an avoidant man

7:03

one couple came into coaching with me

7:04

recently he was about to duck out of the

7:07

relationship she was heartbroken because

7:09

they were engaged and they were due to

7:10

get married in about 6 months he said I

7:13

just don't know if this is the right

7:15

match and I can't justify making this

7:17

choice and she said how can you say that

7:19

when you tell me that you love me it

7:22

didn't make any sense to her at all

7:24

until I started

7:25

saying there are risk variables here and

7:28

he's not understanding how to track them

7:30

carefully you guys need a framework for

7:32

example number one you need the four

7:34

levels of trust so that he can see that

7:36

you are worthy of his trust or not that

7:39

will build that initial compatibility

7:41

testing to see if your risk is high or

7:43

if your risk is low we need to talk

7:45

about the three types of chemistry in

7:47

relationships so that he can see again

7:49

if the risk of incompatibility down the

7:51

road is low or high we also need to talk

7:55

about building emotional Intimacy in a

7:57

way that's not going to overwhelm him so

7:58

that he understands your emotional needs

8:01

exactly and they are measurable to him

8:03

then he can choose to commit to them and

8:05

not see a moving goalpost based on

8:07

feelings when I said this the guy almost

8:10

cried and not because he was weak this

8:12

dude has highlevel performance positions

The Power of Avoidant Language

8:14

in his life he excels in every area of

8:17

his life the reason he almost cried was

8:19

because he finally felt understood and

8:22

he said Adam if I had those three pieces

8:25

I would get married in a

8:28

moment so we built that took about three

8:31

coaching sessions okay one for the four

8:35

levels of trust and applying it and

8:36

showing them exactly why she was so

8:38

worthy of his trust immense bonding

8:40

moment it was incredible watching them

8:42

on the couch hugging and laughing at

8:44

that after that and like finally

8:45

connecting number two the three types of

8:48

real chemistry and seeing that they were

8:50

not only a bit compatible but really

8:53

compatible for the long term and number

8:55

three finally understanding emotional

8:58

intimacy we did that last asked so that

9:00

he would be open to it and she was able

9:02

to share her needs in and I helped her

9:03

in measurable ways so he understood

9:06

exactly what she needed emotionally and

9:08

he started realizing he needed some of

9:10

those things too he hadn't realized that

9:12

because he'd never had somebody really

9:14

guide him through that process before

9:15

when they did these three things in

9:17

those three

9:18

sessions Not only was he ready to get

9:20

married he was pumped to get married

9:24

because it made sense to him the risks

9:27

were tiny but the rewards were gigantic

9:30

he said this is one of the best

9:32

investments I will ever make in my

9:35

life that's the power of avoidant

9:37

language it also helps a lot when female

9:40

Partners come in and they say Adam help

9:42

me understand my avoidant guy help me

9:45

understand does he even love me and I

9:46

talk her through what an avoidant man's

9:48

love actually looks like how it's

9:51

different from what she's probably

9:52

expecting right now and how it can grow

9:54

into something that feels more nurturing

9:57

and feels more loving right the avoidant

9:59

man in that relationship starts to

10:00

finally feel understood and not

10:03

demonized she starts to feel closer to

10:05

him because she recognizes the signs of

10:08

actual love but then can guide him into

10:10

showing love and also the way that she's

10:12

looking for it's just learning to

10:14

measure it their fighting in those cases

10:17

drops to zero he starts bonding

10:19

hormonally with her vasor present

10:21

especially we've talked about that in

Communicating with Avoidantly Attached Men

10:22

previous videos but then oxytocin

10:24

bonding as well in new ways that he's

10:27

never experienced so ladies at home

10:29

you're probably wondering how am I

10:30

supposed to start implementing this with

10:32

my guy okay let's make this really

10:34

simple start talking to him in Risk

10:36

language so instead of going to him and

10:38

saying there's a problem I'm not feeling

10:40

very loved in this

10:42

relationship he's about to jump out the

10:44

window he's about to jump out the window

10:45

CU now there's a non-measurable variable

10:48

that he's now on the hook for and these

10:50

raw expectations are about to slap him

10:51

in the face gigantic risk all of a

10:53

sudden that's why he shuts down during

10:55

those emotional conversations where

10:57

you're just walking in hoping that it's

10:58

going to work

11:00

no hey uh I need to talk to you about a

11:03

risk that's growing in our relationship

11:05

uh it feels like there's low emotional

11:07

intimacy I have a couple of measurable

11:09

things that we can start targeting and

11:11

if we do this my satisfaction will

11:14

increase but I think yours will as well

11:16

and it will actually make us stronger as

11:17

a couple in the long run can we explore

11:19

some of these options together now does

11:21

this sound like a business

11:23

meeting yeah but keep in mind that

11:26

avoidantly attached men thrive in

11:28

business this is their language okay if

11:32

you've ever wondered where the language

11:34

of business came from in largely in

11:36

large part it's because of avoidant men

11:38

This Is How They

11:39

communicate communicate with him that

11:41

way that makes so much more sense to him

11:43

hey there's a risk but to reduce that

11:45

risk we need to track these measurable

11:47

emotional intimate pieces I have some

11:49

measurable targets if we can hit those

11:51

my satisfaction and yours will go up and

11:54

long term we're going to do

11:55

great wow that sounds like a pretty

11:57

smart investment show me the measurable

11:59

targets that we need to hit and I will

12:01

uh we'll figure that out together well I

12:03

need to feel this and to feel that I

12:05

need this and this this many times per

12:08

week here's why because those do this

12:10

for me they also release this bonding

12:11

hormone Yes again it sounds like you're

12:13

going to be giving a PowerPoint

12:14

presentation but let me ask you this if

The Power of Business Language

12:17

you had to have a 10minute business

12:20

meeting with a PowerPoint slide

12:21

presentation to convince your loving

12:24

avoidant man to care for your emotional

12:27

needs for the next 50 years

12:30

and he desired to care for you and he

12:32

saw the value in it and he truly gave

12:35

you that love would that be worth a

12:38

10-minute business

12:41

conversation don't be fooled by thinking

12:45

that you have to have him be loving and

12:47

adoring and affectionate with high

12:49

oxytocin during these conversations if

12:51

he's not exhibiting high oxytocin is

12:53

probably because he doesn't have much

12:55

it's probably because he hasn't got much

12:56

through the course of his life so you

12:58

coming at him trying to demand that

13:00

oxytocin and that affection language and

13:02

trying to understand your feelings it's

13:04

not going to work you need to talk to

13:06

him about risk other ways to do this you

13:09

know what I'm feeling that there's a

13:10

risk in our relationship I'd like to

13:12

talk to you about it you appear not to

13:14

be fully bonding with me and I don't

13:16

think it's because you don't want to I'm

13:18

wondering a little bit if you may not

13:20

understand how that deeper bonding can

13:21

work I'm wondering a bit if you think

13:23

that there's really high risk so maybe

13:25

you're nervous about investing here with

13:26

me is that happening if so let's let's

13:29

have a talk about that let's actually

13:30

address that challenge he's going to go

13:33

he's going to say well yeah actually all

13:36

of that is true and you're right I I

13:38

don't really understand the deeper

13:39

bonding pieces is that upset does that

13:42

upset you well you know it doesn't make

13:44

me happy but it's something that we can

13:46

resolve let's learn about this I I have

13:48

this video right now about how avoidant

13:50

men communicate I think what you might

13:52

be experiencing is something called

13:53

avoidant attachment it's not a diagnosis

13:56

it's not a label this is not about how

13:57

you're bad it it's it's just a different

13:59

way of operating when your brain

14:01

chemistry is a little bit different and

14:03

you'll be really high performance

14:04

everywhere else but you'll Thrive with

14:05

business language like this instead of

14:07

emotional language have you ever noticed

14:09

that you're kind of like that yeah okay

14:11

well you're just specialized right now

14:13

if we can watch this video I have

Communicating with an Avoidant Attachment Style

14:14

another video actually what what men

14:16

with avoidant attachment style need to

14:18

be happy can we check this out if this

14:20

would make you happy we can build this

14:22

together it'll reduce the risk almost

14:24

zero okay I can give that a shot

14:27

sure that that's how you have those

14:29

conversations with him if you start

14:31

bringing your emotions into it the risk

14:34

goes off the charts because feelings are

14:36

unmeasurable and they tend to escalate

14:38

feelings create greater risk feelings

14:41

are a risk think of it that way your

14:43

feelings are the biggest risk variable

14:46

to him and he can't control them and he

14:48

also doesn't believe that other people

14:50

control their own feelings that's

14:52

actually the biggest distrust he has in

14:53

most people is that their feelings will

14:55

overwhelm them and then lead them to do

14:56

bad things that are harmful to him so

14:59

the more you can rein in those feelings

15:01

bit not to be an emotionalist robot but

15:02

the more you can re them in and have

15:04

conversations business focused about

15:07

risk this is why a lot of women who come

15:10

into my coaching practice I say set up a

15:12

weekly meeting with him where you check

15:13

in and talk about the realities of the

15:15

relationship oh I I tried to do that

15:17

before and I said how do you feel and

15:20

what are your feelings and these are my

15:21

feelings this week and it was so

15:23

horrible he never wanted to do it again

15:26

well yeah you you set it up incorrectly

15:29

you set it up so that it's a

15:30

conversation about feelings where he's

15:32

feeling like his fingernails are being

15:33

ripped out with pliers you need to sit

15:35

him down and have a business meeting

15:37

let's discuss the state of the

15:38

relationship let's track it with some

15:40

numbers for some variables on a scale of

15:41

1 to 10 how are you feeling in the

15:44

relationship this week 1 to 10 I'm not

15:46

going to question why and I'm not going

15:47

to get angry I just need to know what

15:48

your number is okay it's like a six what

15:51

can we do to help you go up one point in

15:53

the next week what would help that well

15:54

not 10 not up to 10 perfect what would

15:56

help you go up one point okay that would

15:58

help you go up one point cool we can do

16:00

that let's take care of it business

16:02

meeting measurable

16:05

trackable

16:07

reasonable this is how you communicate

Building a Relationship with Avoidant Men

16:09

with avoidant men if you can build a

16:11

relationship with very low risk where

16:13

everything is clearly stated it turns

16:16

into a business now over time as you

16:19

build this with him he often will build

16:22

Vasa presson bonding then he'll build

16:24

oxytocin bonding then he feels closer to

16:26

you then he becomes more affectionate

16:28

then you can could start using more

16:29

emotional language because finally he

16:31

feels safe enough with you to do that so

16:34

you've got to build a relationship based

16:36

on systems logic and clear expectations

16:40

because that's the ticket to getting him

16:41

to invest and once you do this he will

16:44

sometimes start speaking your language

16:46

in

16:48

return this is the magic of finding an

16:51

avoidant man's heart and to get there

16:54

first you have to go through the

16:55

business

16:56

Lobby take this approach and you will

16:59

see him Blossom ladies the biggest

17:00

takeaway here is that language is the

17:02

vehicle you use to be understood and if

17:05

you use it wrong he won't understand you

17:09

and if you don't understand him you

17:12

won't receive any of his meanings like

17:15

when you say do you even love me and he

17:17

says well I'm still here after all this

17:19

fighting and you're like what the heck

17:21

does that mean well it means that he's

17:23

still here facing continuous risk with

17:25

you because he sees something very

17:27

worthwhile in investing in he just isn't

17:29

sure how to make it a good investment

17:32

yet see the language now I know that

17:35

this can be a very hard adjustment for

17:36

couples it usually takes a session of

17:38

coaching with me or two to really build

17:40

that communication you try to start

17:42

start talking I stop you and say wait

17:44

phrase it this way okay and you do it it

17:45

works wait phrase this this way wait

17:47

change that wait pause let's go back

17:49

let's change that and I walk you through

17:51

conversations so that it starts to feel

17:53

natural and you see him opening up but

17:56

afterward it feels awkward there but

17:58

after afterward the women finally feel

18:01

loved and the men finally feel

18:02

understood and then you can build a

18:05

loving relationship that can last a

18:06

lifetime so remember guys that I am here

18:09

if you need a translator to help you

18:11

understand each other and if you want to

18:12

learn more about why avoidant men are

Understanding Avoidant Attachment Style in Relationships

18:14

such risk-takers outside of

18:16

relationships watch my earlier video

18:18

called the biochemistry of avoidant

18:20

attachment style you're going to

18:22

understand avoidant men in a whole new

18:23

way