

many couples are plagued by anxiety about their attachment styles overthinking guessing what the other

0:06

person wants worrying about unclear expectations and always feeling one step away from losing the love of their life

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Now most have no idea why they're always worried and overthinking or why they

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feel the need to run away during the moments of greatest intimacy when they should feel closest and at home with

0:25

each other These moments of closeness instead spark a fear response in their brain and that drives them to sabotage

0:32

the relationship And this ongoing stress it eats away at their ability to love

0:38

each other and ultimately it leads to painful breakups for many of these couples So are you experiencing

0:44

attachment anxiety in your relationship let's check Which of the following do

0:51

you or your partner experience right now constant fear of abandonment

0:56

Overanalyzing a partner's moods Clinginess followed by

1:01

withdrawal Struggling to trust that love is real Testing a partner to feel secure

1:09

Pushing a partner away when upset Neing excessive reassurance from the other

1:15

person or feeling unworthy of being loved If you're experiencing attachment

1:21

anxiety or if your partner struggles with it this is the video for you I'm going to show you how to safeguard your

1:27

relationship from anxiety and bring out the most trusting connection possible as a couple We'll go through the biological

1:34

and psychological fears each individual attachment style experiences that causes

1:40

attachment anxiety reveal where those troubling thoughts and feelings come from and show you how to overcome this

1:46

together with your partner to create a relationship that feels peaceful and comfortable for both of you I'm also

1:53

going to tell you about a new resource that will help you craft a secure relationship together that can last a

1:58

lifetime Now for best results I highly recommend you listen to the entire video to understand not only how your

2:04

attachment style but also your partner's style is affecting the relationship But if you're looking to save time listen at

2:11

least to your style and then skip to the last section of this video where I'm going to reveal the exact process for

2:17

resolving attachment anxiety issues in each of the styles long term Just make

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sure and I highly recommend you listen to both styles that are present in your relationship so that you know what both

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sides are going to require We're also going to go through each style plus the

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tactical solution to fix anxiety issues in the moment the short-term fixes and a

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lot of you need that right now At the end of the video we're going to discuss the strategic solution that brings

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fixing attachment anxiety for all styles okay and that's going to be the longer

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term fix And if you're looking for a complete and total fix to all attachment

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anxiety challenges and to help you build a peaceful and passionate love that lasts a lifetime make sure you check out

3:02

my new how to build a secure marriage video course I just released It's on my

3:07

website at adamlaneith.com So what is attachment anxiety i get this question quite a lot

3:14

Adam I'm anxious but I think I'm actually avoidant Well yes avoidant people have tremendous anxiety too Adam

3:21

I'm anxious all the time but I think I'm disorganized Yes disorganized people will have a lot of anxiety too Okay

3:27

Attachment anxiety is different from anxious attachment Attachment anxiety is

3:33

the fear that the people you're close to might not really love you they might leave you or they might not meet your

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emotional needs even if they say that they care And this impacts people who are anxiously attached avoidantly

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attached and disorganized attachment style Both of those subtypes as well Attachment anxiety is the stress and

3:54

worry that comes into your life because your attachment is insecure It can lead

4:00

to worrying overthinking and needing constant signs that you're safe in the relationship And again avoidantly

4:06

attached people do this too They still need to feel safe in relationships They wouldn't use the word safe but free from

4:13

danger right and minimizing risk These are words we would use to say safe They're just describing safety in

4:19

measurable scientific terms But you have to differentiate here between attachment anxiety and anxious attachment Almost

4:26

every human being who experiences insecure attachment also has anxiety issues usually because of the chemical

4:34

disruptions We'll talk about that okay but every style has attachment anxiety I

4:40

get asked all the time what is my attachment style what is my attachment style what is my attachment style so I

4:45

have finally launched the attachment assessment This is not a short quiz that

4:50

just spits out an answer after 3 seconds This is a thorough indepth sciencebacked

4:56

assessment Check it out on my website adamlaneith.com and learn your attachment style the severity of what

5:03

you're dealing with and some next steps you can take right now to build very secure attachment
Now I'm going to go

5:09

through each individual style here in a moment but first this is why every style

5:16

has attachment anxiety Every style has overactivation of the amygdala the fear

5:22

response of the brain especially during perceived rejection abandonment or

5:28

distance Avoidant people and loud disorganized people also have amygdala

5:34

overactivation during moments of closeness So far away close rejection

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abandonment all of it activates The lower oxytocin levels reduce bonding

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security for all styles Yes even anxiously attached people who are craving oxytocin it's because
they're

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very low and constantly looking to get recharged because they're so low The high cortisol spikes
that happen

5:57

endlessly during relationship stress then hit extra hard Because you have low oxytocin you're very
low on GABA GABA

6:05

GABA is an inhibitory neurotransmitter that mutes cortisol and stress relief When you don't have
those cortisol

6:12

spikes go off the charts And if you're having cortisol spikes from the amygdala response in the
relationship you feel

6:17

them much worse than the person who has high levels of oxytocin and GABA Insecure attachment style rewires your

6:24

threat detection pathways early on in your brain And this is affecting an estimated 50% of all American adults and

6:32

at least 65% of Gen Z adults We're going in the wrong direction Now this includes an

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estimated 20% of people with personality disorders Now okay that has doubled from

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the usual 10% The usual 10% is sustainable in a society 20% is not

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sustainable in a society And we're looking at about a 20% personality disorder rating with 65% of Gen Z adults

7:01

having attachment issues This is a very very bad social environment for us to emerge into Plus our brain is rewired to

7:09

be more scared anyway So not only are we getting in proximity with other people who are insecure who will then cause

7:15

more insecurity for us but our brain is designed to be more afraid anyway So it's a double end Both of those things

7:22

together are highly impacting your anxiety levels no matter what your attachment style might be All of this

7:28

together leads to a lower quality of life higher rates of breakup and divorce

7:34

decreased marital satisfaction the dead bedroom phenomenon where people just

7:40

live as roommates and no longer have passion and it increases the rates of attachment issues for the next

7:46

generation that's raised inside these relationships Now let's put it another more practical way Attachment anxiety is

7:53

a warning signal from your nervous system that your past wounds are still shaping your present relationships It's

8:00

not about neediness or insecurity It's the body and brain and nervous system's

8:05

way of saying "I've learned that love can vanish Safety can betray me and

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closeness doesn't always last." Attachment anxiety reveals a couple of key things First is a survival system

8:18

trained to stay alert for emotional danger This helps most avoidant people really thrive in business but it really

8:24

cuts down their success Unfortunately in intimate relationships it also reveals a mind trying to predict abandonment or

8:32

rejection or betrayal before it happens You're constantly plotting out everybody else's moves five steps ahead but you're

8:39

usually wrong because you're catastrophizing and most people aren't going to be as bad as you imagine It

8:45

also reveals a heart that learned to overgive to avoid rejection Avoidantly attached people interestingly overgive

8:51

too But then they start pulling back pretty quickly especially once the dopamine dwindles Anxiously attached

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people overgive and then overgive even more as the dopamine dwindles and as people start disconnecting And the quiet

9:04

and loud disorganized types they go back and forth between overgiving and running away Attachment anxiety also reveals a

9:12

deep longing for love which unfortunately is constantly tangled with anxiety and fear This the existence of

9:20

attachment anxiety is compelling evidence that your earliest emotional blueprint that you got was built in

9:26

unpredictable conditions and your nervous system hasn't stopped trying to protect you even now when it's

9:33

sabotaging you Now that we understand the overall concept of attachment anxiety let's break down how it works

9:39

for each of the different attachment styles Okay I'm going to go through anxious attachment avoidant attachment

9:44

Then I'm going to break disorganized down into the two very different subtypes quiet and loud so that I can

9:50

show you exactly what that looks like Now attachment anxiety feels different for somebody with anxious attachment

9:57

Okay it will feel like this You constantly feel like you're about to be abandoned Small delays or silence in

10:05

text messaging feels like rejection You crave closeness but you also fear that

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you're too needy even as you're seeking that reassurance You overthink every

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message and every interaction before during and after And you feel like love is always slipping away through your

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fingers Now this formed in childhood usually from an inconsistent caregiver where there was no emotional

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predictability or safety doesn't mean your caregiver was bad or evil It meant they were inconsistent in giving you

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safety and reassurance You could have been through daycare and had multiple caregivers you bonded to who then left

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It could be that your parents were over anxious and you were constantly reading their fear and then they were distracted

10:47

You had maybe had the cry it out method in your crib in the first six months Maybe you went into the NICU as an

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infant and you in there for weeks crying crying crying without comfort There's so many ways this could happen but you got

10:58

inconsistent messaging that predictability and safety are not something that will be given to you

11:04

consistently Your nervous system flags disconnection from others then as a danger and it activates your stress

11:11

circuits prematurely at the first earliest sign that someone isn't completely interested in you The

11:18

amygdala is hyper sensitive to separation and disapproval These are threats to your brain right

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all of this racks up into massively high level anxiety for you and then gives you frequent cortisol spikes a heightened

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alert signal at all times Your your alert state is on Oxytocin signaling is

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erratic So sometimes you get oxytocin get a little GABA and suppress cortisol and release dopamine It feels great

11:45

right but then you're chasing that constantly looking for intermittent reinforcement hoping someone will give

11:51

you that feeling You have an external locus of control other people control how you feel You have no power This

11:58

impairs your emotional bonding Not because you can't bond Actually most anxiously attached people bond in

12:04

intensely but you will only really be able to bond with people who help stimulate the release of oxytocin You're

12:11

looking to be pollinated almost like a flower And that's the only way you can feel that somebody is interested in you

12:18

It impacts your ability to bond with anyone who's not lovebombing you

12:23

The underdeveloped co-regulation that you're looking for to properly co-regulate with others really limits

12:29

your prefrontal cortex growth So your prefrontal cortex doesn't develop properly the way it should around where

12:36

you have power where you have control Everything leads to scary disaster So

12:41

your prefrontal cortex tries to constantly shut you down and say "Just please other people so they help me."

12:46

You're looking for them to solve your problems instead of solving the problems yourself through your prefrontal cortex

12:51

That creates weak emotional regulation because your brain isn't used to regulating itself It doesn't understand

12:57

that it can You're not self soothing You are looking for safety And all of this creates a system where your ventral

13:04

vagus nerve doesn't mature properly That creates an impaired ability to feel safe

13:09

in rest and connection So when you're resting and connecting you're not matured properly in that area So it

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doesn't feel fully safe It doesn't release the proper signals Now in

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adulthood for the anxiously attached individuals romantic partners are going to continue triggering those fear

13:26

pathways especially with distance ambiguity lack of clarity about what's happening Your amygdala the fear center

13:33

of your brain misreads neutral cues as rejection and then abandonment So even

13:39

neutral cues are setting you off And then you get a cortisol flood from that perceived detachment When other people

13:45

look like they're stepping away floods you with cortisol There's something called emotional impermanence where when

13:51

someone is not directly showing you their love for you your brain is convinced that they are actively losing

13:56

love for you and falling out of love and about to leave you So you have to constantly be refilling them with

14:02

kindness love attention and overgiving and over service Now because your prefrontal cortex isn't fully developed

14:08

the way it should be it is constantly giving into panic and fear It collapses

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that fast into that fear cycle which leads to ruminations and obsessions on

14:19

the emotional side brain because your prefrontal cortex can't stop them anymore That creates compulsive

14:25

reassurance seeking or overcommunication as you desperately try to get somebody to rescue you from your own immature

14:31

brain This again creates ins inconsistent patterns in your closeness

14:37

You're looking for reinforcement and nurturing and safety but other people that you're going to connect with

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because of your emotional bonding You will only connect to people who love bomb you and then step back So you get

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intermittent reinforcement It's more like gambling Every every so often you push the right button and get their

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attention And it keeps you overgiving because you're always looking for the next payout That triggers those dopamine

15:00

spikes to reinforce your anxious chasing behaviors This is why anxiously attached people don't just walk away from

15:06

relationships They always believe it's their fault and that they're one button push away from a jackpot Oxytocin

15:13

deficits that you have cut down feelings of bonding and safety When you get the oxytocin it feels incredible and you

15:19

bond and feel so safe in that moment Feels like paradise but it drains just

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as quickly because it's not consistent and your autonomic nervous system your whole sympathetic parasympathetic system

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it fails to downregulate out of sympathetic appropriately It keeps your body in a near constant threat state all

15:40

the time unless you are actively being bombarded with oxytocin love and affection at that moment If you're not

15:46

getting constant ongoing love right there your nervous system begins to ramp

15:52

up because it's afraid you're going to get abandoned and rejected This creates a lot of conflicts in

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relationships as you probably could expect And and for everybody who's listening to this right now if you're anxiously attached this probably just

16:05

feels like hearing a list of everything you're doing wrong I want you to know number one it's not your fault Number two you're not too much especially for a

16:12

secure loving partner Number three there are ways for you to fix this short term There's ways for you to fix it long term

16:18

All of this is fixable Okay so I don't want you to feel despair right now if that's something you're going through

16:24

The conflicts though that this will create in the relationship until you solve it Overseeing of reassurance This

16:30

is this is what gives the illusion of being too much is overseeing reassurance Okay we should be an

16:37

estimated self soothing 70% 70% is about the right amount for most organisms Most

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anxiously attached people are looking for 50% co-regulation from others Maybe even 60% or 70% co-regulation from

16:52

others while believing that they can't co-regulate themself There's the problem I can't co-regulate myself A lot of

16:59

anxiously attached people as they overgive have secret expectations because they don't feel safe enough to say "I'm overgiving to you so that you

17:06

will love me and help me feel safe." It's "I'm overgiving to you Give me as little as you want in return." Right my

17:12

services are free but by the way I have a tip jar over here and that's how I pay my bills Instead of charging for

17:18

your services you have a tip jar and you expect the other person to know exactly how many tips you need to live There's

17:25

the secret expectations Okay there's a doormat to resentment pipeline I am a

17:32

doormat at the beginning giving giving giving giving But as my tip jar doesn't get full enough to pay my bills I'm

17:38

angry and resentful about it And it gets worse and worse and worse through the years especially if we have kids

17:43

together until I just can't handle it anymore And then I blow up and the other person doesn't understand where I'm

17:48

coming from because it was all under the surface Very very common Nice guy syndrome exactly does this Nice guys are

17:55

unfortunately known for I'm giving giving giving Now I'm angry that it didn't come through But unfortunately

18:00

anxiously attached women do this too Now the partner in this relationship is more likely to feel smothered Especially if

18:06

they're avoidantly attached or loud disorganized trending toward avoidant They're going to feel smothered and

18:11

overwhelmed Not because you're too much but because you are oversteering co-regulation and they are programmed to

18:18

fear co-regulation There's the there's the mix right there This is going to create

18:24

overthinking and overreacting inside the relationship and blow problems up much

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bigger than they are and turn into a 4hour relationship discussion instead of five minutes And then we've got jealousy

18:37

A tremendous amount of jealousy Did you know that if you are hyperfixated on one individual for your oxytocin your body

18:43

and brain are designed to become possessive jealous and more scared and

18:49

more anxious than before This is based on the doctor Sue Carter's research You are supposed to become more anxious and

18:56

terrified And most anxiously attached people hyperfixate on one person at a time in their life to feel safe from

19:02

because they had one caregiver that made them feel safe at a time So that's all they understand That's all they can process Now if this has been you so far

19:09

again we're going to fix this Short-term ways to fix this We call them tactical There's tactical short-term and

19:14

strategic long-term Okay tactical ways to overcome this in your care in yourself First is to learn to practice

19:21

self-regulation before you seek it from others I usually tell anxiously attached people this in part in their relationships and they say "Why should I

19:28

do that for other people?" No no no You're doing this for yourself Remember if you are self-regulating 30% and

19:34

seeking 70% co-regulation you've actually got that flipped around You should be doing 70% self-regulation and

19:40

only 30% co-regulation And that's 30% with your entire community That's maybe 15% with a partner and 15% with

19:47

everybody else in your life So if you have self-regulation and friend and family regulation you're at 85% A

19:54

partner takes you 85 to n to 100 Make sense that's the math Not I'm at 30 and

20:01

then I'm at 45 with friend and family and only a partner can take me all the way up there That doesn't work It's got

20:07

to be the other way around Practicing self-regulation activities There's physical there's mental activities I

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teach progressive muscle relaxation is a big component of this Cold exposure is huge Somatic experiencing therapy Hot

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yoga Do some research online about how to self-regulate through body techniques

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It is massively important especially if your prefrontal cortex is underdeveloped You're going to have a very hard time

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mentally getting yourself out of those things but your body can still work and your your hind brain can still activate

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appropriately Next Next After you've self-regulated name the fear that you're

20:44

feeling Okay name the fear you're feeling I am afraid that X Get this out

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of your brain When you speak it out loud it processes in different areas of the brain and then processes just completely

20:56

separately When it's inside internal it's hyperlooping on the right side emotional brain Name it outside Name the

21:03

fear I'm afraid of X You're actually going to feel silly saying it out loud which is excellent And then affirm the

21:09

worth that you have in the relationship Now this should go back to your character your morals your ethics and

21:14

the long-term goals that you're pursuing That's where it should go not what you do for other people That's what most people dive into with anxious attachment

21:20

What do I do for other people that's my worth Uh-uh Remind yourself that connection is not earned through panic

21:26

and service but connection is earned through character through your moral character Ground yourself in the facts

21:34

not in the fears that you're experiencing So name the fear reaffirm your worth as a moral person and a moral

21:41

character that others can trust And then remind yourself connection is earned through that character not through panic

21:47

or service The facts are important here And then another thing you've got to do

21:53

is set some internal boundaries with your overthinking and your spiraling You've got to stop these cycles and

21:59

train yourself out of them It will take some time but learn to identify those ruminations that you feel when you get

22:05

caught in a loop Pause and then redirect yourself If you have to do some physical regulation

22:11

pause Physical regulation Redirect Replace the behavior with productive time Do something else Identify

22:19

rumination Pause Do a physical thing that regulates you Redirect your time into productive time instead of sitting

22:25

there obsessing and ruminating I know that a lot of the people watching this show right now have had attachment

22:31

issues for their entire life That's why I want to invite every single one of you to check out my attachment repair

22:36

program It just might be the jump that you need to go from insecurely attached

22:41

and lonely and frustrated to fully secure connected and bonded in a great

22:47

relationship like nothing you've ever felt before Check out my website adamlaneith.com for the attachment

22:52

repair program Now if you're watching this and you're the partner of somebody with anxious attachment style okay some

22:57

tactical ways to help your partner overcome it First is consistent emotional follow-through In other words

23:04

say what you mean and do what you say that you will Okay small promises mean a

23:11

lot And reliability over time rewires the anxious brain and deprograms the

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amydala threat response So the more consistent you are the better things get

23:22

Avoidant people know this instinctively Most of us do which is why they say "Look I'm still here I haven't left yet." Right we say that but usually that

23:30

means that the reliability has not programmed into the anxious brain yet We've got to work on that Okay Now

23:36

couple things that you've also got to do A big one is naming and soothing the fears the person's having This does not

23:42

mean spending an hour trying to regulate your anxiously attached partner You don't want that And frankly they they

23:48

don't really want it Even if it would feel good that's not really what they want Okay A big one being able to say

23:54

this Hey look I'm not pulling away I just need a quiet moment Another one is good We're good

24:02

I'm not mad Reassure Instant instant relief in the brain You may be thinking

24:08

of worst case scenarios but I want you to know things are okay Another one you don't need to earn

24:16

my love Saying that to someone when you see they're overgiving Okay Another great

24:22

one you're allowed to need things Just be clear about them Use these phrases when you see them

24:30

going into one of their loops right you need you need a breather They're freaking out I'm not pulling away I just

24:36

need a quiet moment You see them getting amped up and scared and and asking a lot of frantic questions Hey we're good I'm

24:42

not mad Right they get defensive and overexplained That's the thing that you see them spiraling out You might be

24:49

thinking of worst case scenarios right now but I want you to know things are okay They're overgiving and

24:54

overperforming Hey you don't need to earn my love They're just stumbling and they

25:00

can't figure out what to say or what they want You're allowed to need things or want things Just be clear about them

25:07

Use these phrases in response Name soothe Name soothe Boom Okay that's what

25:15

it usually takes right there Two short sentences Now at the very end of this video we're going to talk about the long-term strategic fix to this And the

25:22

biggest component of that is my how to build a secure marriage course I'm going to link it in the description below or

25:28

check it out on my website adamlanesmith.com It will show you exactly how to build a long-term

25:33

relationship where this cuts down on the anxious spiraling Now to where does attachment anxiety come from for

25:39

avoidantly attached people little bit different Okay here's what it feels like for an anxiously attached person with

25:45

attachment anxiety They feel quite often part trapped by their partner's needs

25:51

They interpret closeness as a loss of freedom It's not safe to them anymore

25:57

They get overwhelmed by a big emotional intensity They have a lot of guilt for

26:04

not feeling enough love in the later stages I should love you more than I do

26:11

They're usually confused by their own shutdown responses and they're often frustrated

26:17

by their partner's seeming demands for reassurance Now all of this

26:23

comes from the childhood formation of that avoidant attachment style Okay their caregivers were usually

26:29

emotionally unavailable or rejecting chaotic hyper critical fighting

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constantly split up early and destroyed the family in a catastrophic divorce

26:41

something happened where they were unavailable or rejecting especially during the child's distress Avoidantly

26:47

attached people don't come out avoidant They actually try to get their needs met and try to connect and get rejected and

26:53

shut down So they learn not to seek comfort with other people Their expression then fails to elicit comfort

27:00

or safety from their caregivers So they suppress their emotional suppressions thereafter I did not get any comfort and

27:08

it got worse I am going to suppress that and never reach out to anyone ever again The amygdala in their brain then blunts

27:14

their emotional salience It it reduces their perceived threat from isolation

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and says being alone is a good thing Okay this is an actual abnormality in

27:26

the human brain We're not supposed to have that We are supposed to detect some threat and danger from being too alone

27:33

and isolated Avoidantly attached people it turns off They actually feel good and

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safe being alone and isolated And I don't mean once in a while I mean isolation is safety for them because

27:45

that part's turned off The chronic low oxytocin they feel for the vast majority of their life It weakens their bonding

27:52

pathways and their attachment drive The desire to connect diminishes Now they still have a desire for closeness but

27:58

they don't really understand what they're longing for They misinterpret it as a dopamine craving Usually instead

28:05

high unregulated cortisol becomes the norm for them because low oxytocin low

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GABA unregulated cortisol So massively high stress at all times It's like a

28:16

fish swimming in water They're just very used to it So they're more likely to show physiological

28:22

shutdowns rather than protest behaviors to get attention Protest behaviors did nothing as a child So they're more

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likely to close down go within manage you and then step away and solve a problem by themselves And their prefrontal

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cortex interestingly where in an anxiously attached person underdevelops for the avoidant person it overdevelops

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an inhibitory control It cuts down the emotional impulses and attachment

28:47

desires for purely avoidant people especially ethically avoidant people And it clamps down on their ability to even

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fulfill their own emotional desires whatsoever by overdeveloping those inhibitions And where the ventral

29:02

vagus nerve is underdeveloped and immature fails to mature fully in an anxious person in the avoidant person

29:08

the dorsal vagal nerve becomes dominant This is their famed dissociation or

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detachment behavior during stress They can simply shut down their system is more likely to clamp down shut down and

29:21

then move away and dissociate from feelings dissociate from emotions dissociate from experiences You just

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lock in and go to town Now that this person's an adult closeness equals

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discomfort for them Their amygdala is underresponsive to emotional cues their

29:39

own and other people This creates what's called emotional misattunement confusion They don't know how other people are

29:45

feeling Okay as their oxytocin is excessively extremely limited they've

29:50

reduced feelings of trust or emotional intimacy with anyone around them Cortisol surges during vulnerability

29:57

over and over and over actually causes them any moment they could get close to withdraw and pull away They'll go on a

30:04

deep intimate loving vacation weekend with you get really close say something intimate freak out and then ghost you

30:10

and never speak to you again because it's now sending off danger signals and their prefrontal cortex that over

30:16

inhibition it prevents emotional expression and communication of needs to their partners in romantic relationships

30:23

Their autonomic nervous system defaults to detaching and disconnecting from other people when there feels like a

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risk or any confusion It defaults to disconnecting Their system preserves

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autonomy safety and distance over intimacy It doesn't prioritize intimacy anymore and their dopamine that they're

30:43

feeling constantly drives their independence and achievement This is why avoidantly attached people are massively

30:48

high achievers massively lone wolf achievers who are financially successful business successful but can't

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connect to other human beings right very very common And their relational dependence if they have any idea of

31:03

relational depending on somebody else for intimacy it feels dangerous and unsafe So they can't let their guard

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down and relax into another human being They are afraid of becoming dependent in any way shape or form in that person and

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then it being used against them So this creates some pretty significant attachment anxiety for avoidantly

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attached people Most of my avoidant clients come in and say "Adam I'm not sure if I'm avoidant or anxious cuz I

31:28

have anxiety." Yes you can be avoidant and have anxiety Okay In relationships

31:35

you're going to have attachment anxiety because you will feel smothered when someone gets too close and you're going

31:41

to have danger signals going off Opening up to others makes you feel exposed or

31:46

weak You'll secretly want connection but fear losing yourself in that

31:51

relationship At the same time you're anxious about being depended on by other

31:58

people or on needing someone yourself and you pull away and then wonder why you're all

32:05

alone and if it's ever going to work This creates a tremendous amount of attachment anxiety Now this creates very

32:11

specific conflicts in the relationship as well Number one is shutting down during intense emotional discussions It

32:19

looks like you're actively rejecting the other person Even if it's a good discussion that's highly emotional you

32:25

can't go there long enough You shut down The dorsal veil shuts down during intense discussions and it

32:32

looks like you reject them You avoid closeness It creates abandonment fears

32:37

Go back to the anxious person a moment ago This creates abandonment fears You're overwhelmed and exhausted so you

32:44

pull away and they say "Oh no it's happening again Someone's abandoning me." Then they chase you You pull away

32:50

even more They chase even more You pull away even more That's the loop right there I've done so many videos on that dynamic You withdraw when things get

32:57

serious It creates more abandonment for the other person But you feel so overwhelmed that you say "Oh god what

33:02

did I say on this weekend how many promises did I make oh man this is just I I don't I I'm just I'm just going to go to work I'm just going to go to work

33:09

for six months and then wait to for this to blow over." Work feels safe Work is predictable Safe If you can make money

33:16

and you can hit dopamine achievements there okay and then you're going to dismiss other people's needs and

33:22

feelings You're not going to understand why they can't just manage their feelings Why don't you just shut down with your dorsal veagal nerve why don't

33:28

you just overinhibit through your prefrontal cortex why don't you just blunt your emotional expression you're going to dismiss

33:35

others needs and feelings and create massive resentment in them And your hyperindependence is going to make it

33:41

hard to ever form a unified relationship with that person until you fix this

33:46

pattern Still fixable I want to make that abundantly clear to anyone listening right now You are not doomed

33:51

to walk this earth alone like the Mark of Cain kind of thing You can actually bond intimately with other people It

33:58

just takes some reprogramming Okay let's talk about the short-term reprogramming and then the long-term reprogramming Now

34:04

first avoidantly attached people you're famous for saying this Once I make a decision I never go back on it Right

34:11

however I want you to understand that your shutdown response is a stress response not the truth You will have

34:19

emotional numbing dissociation and veagal shutdown This is not how you truly feel It's you reacting to a

34:25

perceived threat Do not make long-term decisions in this state Okay use it as a

34:31

stress meter and then shift to resolving the stress that you're experiencing

34:37

very key that you have to do this Another tactical way short-term to overcome this yourself is to schedule

34:43

time for your own recharging Most avoidantly attached people actually are not horribly selfish It's that they need

34:49

that recharge time but they take it spontaneously They try to sneak it into the schedule spontaneously when they

34:55

don't have to take care of other people Talking to the other person and scheduling it in saying "Look I do best

35:01

when I have some time to actually unwind on my own Not cuz I don't love you but that's how my system works We can watch

35:06

this video from Adam Lane Smith explaining it but I need this time to myself Don't wait till you're

35:11

overwhelmed and then feel like you have to dodge and escape out the window or tell the other person "It's not you it's me." And then lock yourself in a room

35:17

because they'll freak out Schedule time for recharging so you always know it's coming right the weekend is coming so I

35:24

can get through this Thursday My recharge time is coming so I can get through this difficult

35:30

conversation Schedule the recharge time They know it's coming You know it's coming You can both rest in it and it's

35:36

predictable and then you can reunite afterward Calm yourself and your partner by scheduling that recharge alone time

35:44

Incredibly important that you do this in a relationship And this is proof the other person's going to work with you

35:49

instead of working against you So don't be with anybody who won't work with you to schedule your recharge time Now if

35:54

you're with an avoidantly attached partner and turns out a huge majority of you on this channel are hi ladies

36:01

there's some tactical ways to help your partner overcome this behavior too not fix him or her as the case of anxiously

36:08

attached men with avoidant women Hi I see you there too But help them overcome it slowly Number one is to respect their

36:13

space without punishment Gift them the time away especially scheduled time Gift

36:19

them that time View it as a gift to them Say something like "Take the time you need When should I expect reconnection

36:26

when are you going to be set to come back?" That's all That's it Take the time that you need When should I expect

36:32

that reconnection give it to them It's a gift They will be a better partner and feel

36:39

healthy and and bonded to you actually because you're giving them that time if they're ethically

36:44

avoidant And the next one is affirm the love that they give you in their own way

36:49

Okay A lot of people a lot of people accuse avoidant people of being incapable of love I know for a fact this

36:56

is not true especially ethically avoidant people They show up consistently They give endless effort

37:02

They if they show trust in you if they solve problems for you this is their way

37:07

of saying "I've got you I've got you." Right make sure you're expressing

37:13

gratitude for these Express gratitude for the love you are receiving It's also

37:18

okay to ask for more That's the strategic long-term fix We're at the end of this video we're going to talk about

37:24

a strategic long-term fix for these issues too And inside my how to build a secure marriage video course I go way in

37:31

depth on how to resolve attachment issues completely in the relationship to then heal and change and repair both

37:37

individuals so that they become securely attached too It's not about fixing each other It's about building a system that

37:43

allows you to fix yourselves We'll talk about that in my in my marriage course Check the description for that link or

37:49

go on adamlingsmith.com right now to grab that copy But at the end of this video we'll go into the long-term fixes

37:55

So far we've talked about anxious attachment style and avoidant attachment style But what about the blend of the two in fact what about the two distinct

38:02

subtypes quiet disorganized style and loud disorganized style What used to be called fearful avoidant Let's go through

38:09

those right now so you can understand what's happening because I know a lot of you here on this channel in the comment sections tell me again and again that

38:15

you identify as the blend of the two Let's go through quiet disorganized style first That's been making a huge

38:21

impact here on this channel is one that I found myself and identified You people have been invisible for almost a hundred

38:28

years of attachment theory because you don't complain Let's talk about exactly where the attachment anxiety is coming

38:34

from and why you don't complain If you have quiet disorganized attachment style attachment anxiety

38:42

feels like a couple of very specific things Number one shutting down during any kind of closeness You crave it but

38:50

you instantly shut down You disconnect from your affect like you smile to hide

38:55

your fear or you have a completely and totally blank face because you're so frozen and panicked You fear rejection

39:03

almost too much to speak Many people with quiet disorganized style almost have a selective mutism or it makes it

39:09

very hard to speak So they shut down We'll talk about what that hap why that's happening in the brain but almost

39:15

selective mutism They used to call it excessive shyness Turns out it's usually quiet disorganized style shutting down

39:21

your ability to actually speak Then they're flooded with shame anticipatory shame especially I am already ashamed of

39:29

what I could say or do wrong so I'm frozen They can't trust love from others

39:35

especially from good people Not because they hate people or hate love They don't trust it It feels so unfamiliar and

39:42

confusing and inconsistent to them and they are often going to run away before

39:48

they get hurt They're not the ones that burn the place down and jump out the window They're the ones who sneak out in

39:53

the dead of night and escape and run away and tell themself "I would have ruined things anyway." Now what kind of

40:00

childhood would create a complete shutdown and disconnection like this well honestly it's because of a

40:06

caregiver who was both a source of fear and neglect that then creates a double bind

40:13

confusion in the child's nervous system They hurt then they neglect then they hurt then they neglect Maybe they gave a

40:20

little bit of love but the child couldn't fight and they couldn't run away And sometimes fawning approval

40:28

seeking worked and other times it didn't And so they could either approval seek and fawn and if that didn't work shut

40:36

down and freeze and just wait for the damage to be over Usually caregivers with personality disorders or severe

40:43

mental health issues that the child is trying to manage and can't figure out what's going on First they learn I'm bad

40:49

and not good enough Then they learn even when I'm overgiving to others it's never enough So it's never enough for them

40:55

either The child suppresses their distress to zero to stay completely

41:01

invisible to minimize any threats from volatile emotionally absent caregivers

41:07

Volatility and absent Volatility and absent Hurt neglect hurt neglect The

41:13

amygdala it becomes hyperactive beneath a very calm exterior

41:19

Hide everything inside There was a big Disney movie that came out not that long ago well a few years ago that was what

41:25

conceal Don't feel right with a whole song about it Cover everything up Feel

41:31

nothing Express nothing Hyperactive fear center of the brain screaming

41:36

hyperactive to hyper attuned to every possible perceived threat Silence and

41:43

compliance are survival strategies Fawn and freeze Fawn and freeze This

41:49

individual's cortisol levels are chronically elevated is not really the way to put it but overclocked to the

41:57

point that it's shredding their nervous system and their immune system and their hormone system
But emotional expression

42:03

again completely shut down Flat a we call it flat affect flat affect just frozen Their

42:10

oxytocin system is underdeveloped It prevents any stable bonding with others It reinforces that
emotional isolation

42:16

Now they crave closeness but they are utterly terrified of ever ever ever

42:22

reaching it Okay The prefrontal cortex develops an over sense of control It

42:28

inhibits and shuts down similar to the avoidant person shuts down their impulses and desires
almost completely

42:36

and they mask this internal chaos with that surface leisure level composure A

42:41

total blank affect Everything happens on the inside but nothing comes out And

42:46

finally that dorsal veagal dominance just like in the avoidant person leads to a freeze response
Stillness and

42:54

passivity as a primary defense Freeze Hold still The bear will not eat me And

43:00

if it does it will only eat parts of me like my legs and then I can live the rest of my life Freeze
response to

43:07

minimize damage Now that was childhood In adulthood again closeness is fear

43:14

unconsciously Even if it's consciously desired it's also terrifying The

43:19

amygdala now overreacts to intimacy Reactions are internal by the way not

43:24

outward But that that meme of in screaming internally that's an a quiet

43:29

disorganized person Someone says "Hi I'd like to be your friend." And they go and their their system just screams on the

43:36

inside Cortisol surges are endured but silently their brain is screaming On the

43:45

outside they're just calm Blank blank is a better way

43:51

Externally they're often mistaken for calm or emotional detachment You get called things like ice princess

43:58

uninterested aloof hotty arrogant right

44:03

disinterested in others self-absorbed None of this makes sense to you because inside you're screaming

44:09

but on the outside you look like you don't care Oxytocin bonding is so disregulated You

44:16

crave the connection but fear the dependence and getting trapped Your prefrontal cortex again it masks any

44:24

distress to remain safe from other people so they can't prey upon you or attack you or punish you You probably

44:30

cried when you were a little kid and got massively punished for being scared You now have a hyperlogical

44:37

detachment from everything An intellectualization of emotion You can

44:43

think about emotions You can pontificate about emotions internally Silently not to other people You don't speak to other

44:48

people but you intellectualize every experience you have because it's all you

44:54

have left Your brain can't go into the emotional personal areas Now you do have a vaginal shutdown that we talked about

45:02

that limits authentic engagement You reach a certain point and your surge protector fries and shuts down Okay

45:08

especially in conflict or vulnerable moments good or bad closeness Both are

45:14

dangerous and your surge protector shuts down Then you have dopamine pursuit that shifts towards solitary achievement You

45:20

probably are massively high functioning in finance work business A lot of

45:25

quiet disorganized individuals who come to me are women in their 50s and 60s with incredible financial performance in

45:32

their life and one chaotic hurtful damaging partner after another that

45:38

they've been monogamous and loyal to with a constant freeze response Now this creates attachment anxiety for a few

45:46

reasons One is that you keep your needs hidden and you feel totally invisible And invisibility is safety but it's also

45:53

starvation Intimacy makes you freeze even when you want that intimacy You feel guilt for

46:01

wanting love and fear for needing love You shut down during conflict and then

46:08

you feel ashamed of having shut down later and you're scared to speak up because closeness feels dangerous Most

46:17

quiet disorganized individuals tell me that it takes a week for them to figure out how they felt a week ago in a conflict their system doesn't even come

46:24

out fast enough to understand how they feel in the moment Now when a quiet disorganized person gets into a relationship this creates a couple of

46:30

key conflicts You shut down when you should be sharing your feelings desires and expectations You withdraw after the

46:38

rare intimate moments that you have So you send mixed signals to others You

46:43

block emotional connections from happening And this frustrates people who are craving bonding with you I'm going

46:50

to be very clear here You'll tend to connect to chaotic partners who are the only ones belligerent enough to shove

46:56

through your boundaries and understand that you're just frozen Most people are too polite to

47:02

push through But your friendships your family maybe even your adult children they're

47:08

going to be frustrated and feel blocked and un not understand why you withdraw after intimate moments and why you don't

47:13

share And this prevents any resolution to issues because you escape and pull away instead because your brain says

47:20

it's hopeless Now there is obviously a long-term fix for this and I help a lot

47:25

of my coaching clients achieve long-term fixes from a quiet disorganized attachment style And if you want a

47:32

securely attached relationship most quiet disorganized people just have no idea what others want from them what a

47:39

relationship should look like what a man or woman offers to a partner what any of this intimacy can be how to have

47:44

conversations They're missing the phrasing I've put all of that together for a long-term fix into my how to build

47:50

a secure marriage video course Click the link in the description Check out adamlansmith.com with the course on

47:56

there That's the long-term fix But let's talk about some short-term fixes you can do if this is your style Okay tactical

48:04

short-term ways to overcome this in yourself First understand your own freeze response It

48:10

stops you from connecting to others But if you can understand your

48:15

freeze response then you no longer feel trapped or

48:20

hopeless less shame You don't hate yourself for shutting down Most most

48:26

quiet disorganized individuals they just feel so ashamed They actually feel stupid and they say "I'm so stupid I

48:33

can't figure out how I feel." No no no Your system is stopping you There's there's scientific proof from

48:40

various research formats that we've done that knowledge of an issue reduces the symptoms you experience So understanding

48:46

that freeze response helps sometimes in the moment sometimes shortly thereafter to shorten the length of it Use this

48:53

freeze response as a stress indicator and then you can go calm yourself and there's a number of ways you can do that

48:59

Okay Another piece to do is to start verbalizing things externally telling

49:04

other people I I want to speak but I don't know what to say I want to help

49:10

but I'm not sure what to say to you right now I want to connect but I feel

49:15

stuck right now Okay Verbalizing helps stop the

49:20

misunderstandings prevents things from getting worse One of the biggest tasks I have for quiet disorganized women in

49:26

their 50s and 60s is going to their adult children and saying "Have you felt like I wasn't interested in you if so I

49:32

want you to know that I am I've just never known how to express that love and desire with you without smothering you."

49:39

So I I have just tried to let you have space How much space do you want and how much connection do you want having that

49:46

conversation right there is key to fixing those adult child relationships with your mother Very very key Now if

49:52

you're with a quiet disorganized person as your partner odds are actually very

49:57

good that you're probably going to have a personality disorder or excessively chaotic attachment issues yourselves

50:02

you're probably not watching this video But if you are one of the few people who has connected maybe ethically avoidant

50:09

people who have connected to a quiet disorganized person okay some tactical

50:15

ways short-term to help your partner overcome these issues Number one is to reinforce safety Safety comes through

50:21

very clear expectations It stops them from exaggerating your guest expectation

50:28

expectations of what they think you want Give them clear markers of success in

50:33

the relationship Look this is all that I need from you I don't need you to overgive eight times more This is what I

50:39

need from you Here's my expectations way down here It prevents overanalysis It

50:44

prevents shutdown telling them even in the moment of a conversation if something does go wrong This is point

50:50

number two Giving them a repair protocol if something goes wrong Make their system feel safe and not in danger Okay

50:58

have clear understandings If something is not working together this is what we'll do to address it Another really

51:05

great one you could do is to give space for them Give give them space without pulling away Hey I'm here when you're

51:12

ready Take your time Don't feel like you need to rush an answer One thing when I'm on coaching

51:19

calls with quiet disorganized people and I ask them a question I see them they they go like this and and their nostrils

51:24

flare and their eyes sort of get bigger and I see them and they they take a breath like they're gasping because

51:30

their ventil their their nerve their vag nerve is crunching and they they they actually struggle to breathe It's the

51:36

opposite of a of a sigh or a yawn It's a a constricting I say "Hey it's okay Take

51:42

some time think it through There is no rush to answer right now and they

51:47

go and then they they they kind of settle down and they and they look and they think and they get used to that

51:53

with me and me giving them that verbal permission actually calms them because they're they're frantically thinking of

51:59

all the things they could say and how they could go wrong So it makes it almost impossible to decide what to say and this shuts down Broca's area the

52:06

speech center of the brain So it's crucial that you give them that time and give them time to reconnect that speech

52:11

center of the brain during the conversation Now loud disorganized style

52:17

Loud disorganized style is highly chaotic And there's a reason for that Attachment anxiety for loud disorganized

52:24

individuals feels like a couple things Number one is explosive panic when they don't feel loved anymore Explosive panic

52:31

at the fear of abandonment Testing their partner through chaos Sometimes

52:36

sometimes even threats ultimatums is a big one They beg for closeness and then

52:43

panic and then run away and then feel more anxiety now feeling alone and having abandoned it and anger at themself

52:49

Then they feel unworthy They feel unworthy and then they demand proof that they're not unworthy They are constantly

52:57

swinging between clinging and pushing away and they're terrified of real

53:03

intimacy because they're afraid of losing that intimacy or of being revealed for not being worthy of it Now

53:10

all of this comes from a very painful childhood number one where a caregiver

53:15

was unpredictable and threatening Maybe alternating between neglect and then

53:22

intrusive inshed behaviors and neglect and then abuse and then oversaturation

53:27

of love and care because it felt good to the caregiver at that time to feel like a good parent Now I'm a good dad and

53:33

then I beat you Now I'm a good mom and then I scream at you for three hours Right i feel good now I'm angry I feel

53:40

good now I'm angry The child develops reactive protest behaviors They use

53:45

noise or chaos to seek control or connection and push back Okay even

53:51

freezing doesn't help So they fight harder They flip between fawning and fighting and fawning and fighting I love

53:58

you now I hate you The amygdala becomes hyperactive and

54:04

hyper sensitive It's trained to expect danger in all relational cues Good bad

54:10

up down everything is dangerous Cortisol floods the system frequently Fight or

54:16

flight is a baseline for them That's their baseline Their oxytocin signals are

54:23

impaired They crave connection and it feels good and then it feels utterly terrifying because with love comes great

54:31

terror So they don't trust the love and oxytocin that they get Their prefrontal

54:37

cortex develops unevenly They struggle to regulate intense emotional surges

54:43

Some parts of their prefrontal cortex develop in in right ways Some parts don't So it's all

54:49

mismatched So they don't have proper judgment center anymore or regulation center And their sympathetic nervous

54:55

system dominates Their body is primed for outbursts or shutdowns under stress

55:02

Now that's childhood That's bad enough In adulthood intimacy feels unsafe and

55:09

yet craved And that's the internal conflict I need to be

55:15

loved But when I'm close to people I have never been in more danger Their amigdala reads neutral or

55:23

even minor cues as rejection which leads to explosive or erratic responses You

55:29

can't fire me because I quit Well actually I was going to give you a promotion

55:35

Their cortisol spikes during connection or conflict which leads to

55:41

panic or rage or just emotional

55:46

flooding Oxytocin is inconsistently released It alternates between clinging

55:53

and rejecting They go back and forth between anxious attachment and avoidant attachment An anxious attachment and avoidant attachment Their prefrontal

56:00

cortex that didn't develop properly loses control completely under stress which leads to poor emotional regulation

56:07

They can't manage their emotions and their constant sympathetic

56:12

nervous system arousal creates massive volatility fights ultimatums dramatic

56:19

exits Have you ever tried to slam a tent flap in anger while camping disorganized

56:25

has quote loud disorganized Dopamine dysregulation reinforces their chaotic cycles That

56:32

felt good Do that again That felt good Do that again Slam that tent flap right it

56:38

reinforces those cycles for them Doesn't tell them it's working It just tells them it felt good briefly in that moment

56:45

for 5 seconds All of this makes intensity for them feel like real love Inshed

56:53

terror feels like real love to them nothing else feels like love to them Now

56:59

this creates attachment anxiety for for these individuals for a couple reasons One if this is you you feel out of

57:06

control when your emotions rise You can't stop them Number two you get scared that the other person's going to

57:12

leave So you're likely to lash out first Number three is you're going to go from craving closeness to pushing it

57:20

away and being scared in both directions Number four is you feel too fast too

57:27

much too often You are always feeling everything Your nerves are on

57:34

fire And finally this brings attachment anxiety because you fear that love will

57:40

hurt you But being alone hurts even more Now this creates some very specific

57:46

conflicts in a relationship Okay first is the big emotional outburst that we

57:51

attribute to loud disorganized style during stress moments The disruption the escalation accusing a partner of

57:58

abandoning you when they just stepped away to make some toast for a moment Demanding attention from others

58:05

and then fearing it and rejecting it and running away hot and cold so the other person doesn't know what you

58:11

want Threats or ultimatums to test their love This leads to massive partner

58:17

burnout and and destruction of trust And every argument that the couple has goes

58:23

to survival mode It's a a deathmatch mentality Only one of us is walking out

58:28

of this steel cage alive And that's every argument or debate Now again I

58:34

want to make very very clear here There are short-term fixes and long-term fixes but there are fixes So if you're hearing

58:40

this right now and it feels overwhelming or or impossible it's not I want you to know it is possible to fix loud

58:46

disorganized style Again what they used to call fearful avoidant Okay it is fixable The long-term fix is to build a

58:54

fully secure relationship that reprograms you over time so that you and

58:59

your partner become fully secure because of the bond you share That's why I built my how to build a secure marriage video

59:06

course It's on adamlane.com It's linked down below in the in the notes here in the description Make sure you pick up a

59:12

copy if you want the long-term fix And there's a long-term fix at the end of this video as well Short-term fix Let's

59:18

go through right now If this is your experience here's what to do First you

59:26

have to pause before you react Your biggest goal is to learn to pause Fear is not fact

59:35

Okay that's your new mantra Fear is not fact You have to learn to pause

59:41

and then step away and practice self-regulation skills to calm down When your prefrontal cortex is not working

59:47

and you can't make sound logical decisions and your amygdala is responding to everything with terror Do not give

59:53

into fear Pause Step back Breathe Build

59:58

secure connection in yourself for a moment Self-regulate with physical techniques And then challenge your fears

1:00:05

after that with a more logical mindset Now this is hard So I recommend number

1:00:10

two that you get a spotter I teach everybody in my attachment circle the group coaching practice that I run

1:00:16

everybody in there get a spotter a safe person outside your core romantic

1:00:22

relationship who reality tests your fears with you A mentor a pastor a priest a trusted elder a coach right a

1:00:30

good friend somebody that you can pause the conversation step away breathe if

1:00:36

it's not working go talk to them and say "Look I'm having this uh this feeling that I need to run away and destroy the

1:00:42

relationship Should I do it?" And they say "Whoa whoa whoa whoa whoa You you did this again You did this 5 days ago

1:00:47

because they had left the milk out What's what's going on right now?" Well this time they left the uh they put the

1:00:54

butter in the fridge and I hate cold butter right it's time to break up There there are so many little

1:01:00

arguments that spark like that It sounds funny but it's not Okay you need to step away and reality test with someone who

1:01:07

pauses and connects with you If your emotional brain is agitated and spiraling their logical brain can click

1:01:12

in with you and you can think through it So get a spotter and over time learn to pause and react calmer yourself Use

1:01:19

their logical mind to help you when you're not logical You need this and it can't be your partner because they're the one setting you off probably the

1:01:25

most Needs to be a third party not not a same not an opposite sex friend I want to make that clear That's that's asking

1:01:31

for danger a mentor a coach a guide a pastor a priest a therapist an elder

1:01:38

somebody that you can trust and get to fairly quickly to check in with Therapists sometimes it's going to take

1:01:44

you know a week or two to get in but but get somebody you can check in with very quickly Now if you're here because your

1:01:50

partner is facing loud disorganized style two things I want you to do differently One is to respond to their

1:01:56

intensity with calm The calmer you stay the more they're their mirroring neurons

1:02:02

can match that in their system They're not used to people coming down They're used to people going up Coming down

1:02:08

invites them to come down too And you can actually say "I'm not going up with you I'm going to be staying right here

1:02:14

I'd love to have a calm conversation with you Do we need to pause do we need to step away do you need to go talk to

1:02:20

your coach do you need to go talk to your your priest what do we need to do right now?" Calm down Respond to

1:02:26

intensity with calmness doesn't mean you're not allowed to have feelings It means don't allow yourself to be dysregulated Keep yourself calm for your

1:02:33

sake and for their sake It does both Okay and then set limits on chaos

1:02:38

lovingly Okay you might say something like "I love you Also I need things to be stable for my sake
Let's talk about

1:02:45

what we can do differently from now on to solve this problem that keeps happening." Okay lovingly
set limits on

1:02:52

chaos They're giving you ultimatums Don't give him an ultimatum necessarily

1:02:58

but look I need things to stay stable Also I love you Let's build a different

1:03:04

system that will keep things calm And again if you need an overall system for a good relationship
check out my how to

1:03:10

build a secure marriage video course that lays it out and you can learn and apply it together That is
going to be

1:03:15

helpful Now the reason I keep hammering on that is because the strategic long-term solution is not
for both of

1:03:21

you to white knuckle it through the rest of your life If you're anxiously attached they're avoidant
you're quiet disorganized they're loud disorganized

1:03:27

whatever it is it's not just to stress out and constantly use the short-term tactics That's not going to
work Long

1:03:32

term you must build a secure relationship which in turn pulls both of

1:03:37

you back in and allows you to repair yourselves A secure relationship that

1:03:44

you build intentionally repairs the attachment for both people and brings them in It's not about you fixing them

1:03:51

It's about them being able to fix themself in a calm secure system That's why I built my secure marriage course

1:03:57

Let's go through a couple of keys that you as a couple can do long term Number one build predictable safety Your

1:04:05

emotional responses need to be more consistent less reactive I tell people this don't react respond Reaction is

1:04:13

fast instant moving This is how you made me feel and now here's what's going to happen response is is you feel you step

1:04:21

back you think you say "What would I like the outcome of this conversation to be how do I want to feel about you do I

1:04:28

want to continue our relationship?" Yes Okay Now here's what I'm going to do to respond intentionally Those consistent

1:04:35

acts of reliability they soothe the amygdala They actually reduce the threat sensitivity with you It differentiates

1:04:41

you from the other people who harmed them And their amygdala calms toward you over long term Okay The predictability

1:04:49

helps both partners feel emotionally safe in the relationship This counters attachment anxiety Whether you're

1:04:56

anxious avoidant loud disorganized quiet disorganized the constant consistency and coming back over and over and over

1:05:03

together That consistency allows your brain to trust the other person Especially if you're vasopressin bonding

1:05:08

with them the hormone released when we resolve stress your system begins to trust them and says "Nope I don't have

1:05:14

to be afraid of them the way I'm afraid of other people." Because they have proven otherwise when it really counts

1:05:20

So your system calms down and stays calmer in their presence The second thing is to regulate together but also

1:05:27

alone Remember 70% self-regulation about 15% partner regulation Together physical

1:05:34

touch calm voices eye contact you co-regulate together during stress Stay

1:05:41

calm Come down Touch It activates the ventral vagus nerve and reduces

1:05:46

cortisol This is very key and important It prevents the shutdown as well Okay and this works so much better than

1:05:53

isolation So much better Yes you need to be regulating long term for yourself reducing your traumas Maybe try EMDR if

1:06:00

you have severe traumas spiking you But but make sure that you're managing yourself but also co-regulating This is

1:06:07

so much better for avoidantly attached people to co-regulate together It's faster than isolation Emotional

1:06:13

regulation is a shared skill It's not a solo burden Okay as you co-regulate

1:06:19

together this really soothes the attachment anxiety especially of the anxious partner and loud disorganized

1:06:25

partner and the quiet disorganized partner Actually everybody the avoidantly attached person over time

1:06:30

grows into it Okay they see that they're not getting overwhelmed and that it actually benefits them too It takes them

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time to ease into it and understand it but once they do it starts to feel good The third thing you must begin doing is

1:06:42

to repair quickly and completely Don't let conflicts linger return after an

1:06:49

argument name the issue fix it and then resolve it fully and then reconnect Have

1:06:55

a reconnection ritual after Don't leave it hanging and awkward and weird where everybody's walking on eggshells for

1:07:01

weeks Non-defensive apologies retrain the nervous system to trust closeness after

1:07:08

a rupture Okay we just we call it a rupture or a breach Over time that consistent repair replaces fear actually

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with trust which then grows into peace Everybody begins to understand that

1:07:21

conflict leads to growth and connection and peace instead of conflict being a threat Your amygdala again calms down A

1:07:28

lot of this is about fix calming the amygdala Calm it calm it calm it calm it calm it and then desensitize it to these

1:07:35

threats and then it doesn't spark and then you're soothing the nervous system and growing capacity for greater

1:07:40

oxytocin bonding and making it more predictable This soothes the nervous system over time and reduces that

1:07:46

anxiety from the attachment that we talked about Okay Now again all of this is just one part of a

1:07:53

whole secure system that you need You have to have a complete secure system to

1:07:58

last a lifetime in peace and passion A secure relationship equals secure people

1:08:05

over time That's why I put together my marriage course the how to build a secure marriage course It builds a

1:08:12

secure relationship in every area for the two of you and then begins reprogramming your nervous systems

1:08:18

together Guys attachment anxiety causes so many otherwise loving couples to split up out of fear pain and despair

1:08:26

Okay it cost them the love of their life because their nervous systems are tuned towards survival and threat instead of

1:08:34

love I believe this is what's driving that divorce statistic of 50% of all

1:08:39

marriages ending especially 78% of all second marriages ending and why fewer

1:08:44

young couples are even bothering to get married anymore The fear the anxiety the stress the conflicts without resolution

1:08:52

all of it adds up to a painful experience that ruins even the most loving connection

1:08:58

But when you account for each partner's attachment anxiety plus you implement

1:09:04

the tactical changes that we outlined here together you can both help each other find peace and love And when you

1:09:11

apply the fuller strategic change that we talked about at the end of this video you can build a lifelong connection that

1:09:17

fulfills both of your needs And with my new secure marriage course you can learn the complete system that you never got a

1:09:25

chance to learn as a child Because if you have attachment challenges your parents didn't raise you in a secure

1:09:31

marriage And so you never learned how to form a trusting intimate bond with your

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partner You're missing skills That's the biggest part here You're also at risk of becoming a divorce statistic as so many

1:09:43

other uninformed couples are And if you have children together them going on and becoming a divorce statistic So if you

1:09:50

have attachment anxieties it's time to learn the loving and secure marriage system you never knew existed It's time

1:09:57

to understand how to bond with hormones neurotransmitters and complete trust to

1:10:02

create passion that lasts through a whole life of your marriage so that you're continuously creating another

1:10:09

honeymoon phase to enjoy together Visit my website adamlanith.com or click the

1:10:14

link in the description now to learn more about this course and to secure your relationship I'm Adam Lane Smith

1:10:20

the attachment specialist Thank you for sharing your time with me here today If this was helpful please make sure you

1:10:26

like this video Helps a lot Actually it does Subscribe to this channel if you're not already And drop a comment below

1:10:32

letting me know your thoughts Which style are you which style is your partner what blending are you seeing

1:10:37

right now and do you think this video is going to help let me know

English (auto-generated)