

and he he freaks out like oh no they

0:02

know they know something's wrong and

0:04

they know it's my fault that it's coming

0:07

[Music]

0:09

hey guys did you know your attachment

0:11

style reveals more about you than just

0:13

about anything else does your attachment

0:16

style dictates the quality of your life

0:18

and how you're gonna show up and act in

0:20

relationships it's your attachment style

0:22

but most people have no idea what their

0:24

attachment style is today I'm going to

0:26

show you how to make it pretty easy to

0:28

break down what your attachment style

0:29

most likely is and frankly what it means

0:32

for you and your relationship so let's

0:33

Dive Right In what are the attachment

0:36

Styles where there's four options to

0:37

choose from and you don't actually

0:39

choose they're kind of chosen for you

0:41

early in life there's a secure

0:43

attachment style the anxious attachment

0:44

style the avoidant attachment style and

0:47

number four they've changed the name the

0:49

disorganized style which is also now

0:50

called the anxious avoidant attachment

0:52

cell I'm going to talk about that and

0:54

why the name has changed here in just a

0:55

moment but let's connect really quick

0:57

secure attachment let's jump in and show

1:00

you what that looks like right up front

1:01

so that you can differentiate yours from

1:03

this one if you have something else

1:04

secure attachment style is defined by

1:07

the belief that people will cooperate

1:09

you with you you in good faith let's say

1:11

you walk into a circumstance that's

1:12

stressful it's tense something has to

1:15

happen there has to be a confrontation

1:16

you have to give somebody bad news

1:18

something doesn't go your way something

1:20

feels like it it might be your fault but

1:22

maybe not and things are just going

1:24

sideways a secure attachment person will

1:27

walk in and say well we just need to be

1:30

frank we just need to be honest let's

1:31

look at the facts and let's deal with

1:33

them and if decisions need to be made we

1:35

will all work together on that decision

1:37

we will simply cooperate and we'll come

1:40

to a conclusion and we will figure out

1:41

what to do about it then that's a secure

1:43

attachment style and everybody else in

1:45

the room will say well yeah of course

1:46

we're just going to cooperate yes it

1:48

could potentially be tense yes there

1:50

might be feelings involved but you know

1:51

what we need to get through this

1:53

conversation it needs to happen we need

1:55

to deal with it and move forward so

1:56

let's deal with reality and let's move

1:58

through it and we will move through it

2:00

together in good faith and calm and

2:02

collected and collectedness and truth

2:04

and just lay everything on the table and

2:06

deal with it that is a secure attachment

2:08

that's what that looks like in a

2:09

relationship it's you know what this

2:11

mistake was made but it's okay let's

2:13

work on this together as a team here's

2:14

what I'd rather would happen let's hear

2:16

your side of the story they pause and

2:17

they actually ask for your side of story

2:19

okay that's interesting well here's

2:21

where I think we can do to move forward

2:23

through this and here's how we can

2:25

navigate this okay and we all agree on

2:27

it and we move through it this sounds

2:28

like a fairy tale by the way for most

2:30

people who don't have secure attachment

2:31

this sounds like no this just doesn't

2:33

happen this is like a sitcom right

2:35

you're yanking my chain if you're having

2:36

that reaction you probably don't have

2:39

secure attachment and or you weren't

2:40

raised around people who have good

2:42

secure attachment it probably sounds

2:43

crazy and wild and like I'm lying this

2:46

is secure attachment if you have that

2:48

fantastic that's great I love that if

2:51

you don't that's okay let's talk about

2:52

what that means let's dive into insecure

2:54

attachment because it breaks down on

2:55

three types remember anxious tile what

2:57

is anxious style first well when

2:59

something does not feel right the

3:00

anxious style starts to believe it's

3:02

their fault in fact even when things are

3:04

great the anxious person says well

3:05

there's something wrong with me on the

3:07

inside that other people can see but I

3:08

don't know what it is so something's

3:10

going to go wrong something's going to

3:11

go wrong so I need to wake up every day

3:13

worrying and think about what I can do

3:15

to make people like me because when

3:17

things go sideways they're not going to

3:18

like me anymore so how can I do useful

3:20

things for people so that they'll be

3:22

grateful and and how can I ingratiate

3:24

myself to them so that I'm doing good

3:26

things for them so that they won't

3:27

abandon me when they find this bad thing

3:29

about me how can I make myself needed

3:31

this is codependency by the way how can

3:33

I make myself needed so that nobody is

3:35



going to leave me or or what can I I

3:37

mean it's just a matter of time until

3:38

they figure out what's wrong with me and

3:40

I'm going to fail and then things start

3:42

going a little bit sideways because

3:43

they're fearful all the time and things

3:44

go sideways anyway there's always

3:46

confrontations and problems it's my

3:47

fault they're going to figure out it's

3:49

my fault oh man everybody in the team is

3:51

going to know it's my fault they're

3:52

going to realize it's you you're a

3:54

failure and then they're going to be

3:55

angry at me they're going to scream at

3:57

me and they're gonna realize I'm garbage

3:59

and they'll abandon me then that

4:01

person's performance starts to suffer

4:02

and they start pulling away from

4:03

everybody else in anticipation of the

4:05

pain that's about to happen and everyone

4:07

else goes what's this guy doing like why

4:09

is he why is he pulling away from

4:10

everybody and then everybody else starts

4:12

reacting like okay he doesn't really

4:14

care he's just abandoning us all right

4:16

well I guess so then they start kind of

4:17

pulling away from him a little bit like

4:18

wondering what's going on or poking him

4:20

and prodding him a little bit and he he

4:22

freaks out like oh no they know they

4:24

know something's wrong and they know

4:26

it's my fault that it's coming and the

4:28

person starts freaking out and lo and

4:30

behold a problem comes and he runs

4:32

screaming from the building before they

4:34

can even sabotage it before they before

4:36

he they could blow up at him which

4:37

they're not maybe not going to or it's

4:38

this explosion I've got all these things

4:41

but they're like what are you I've been

4:43

feeling these things and I bet he

4:45

finally like freaks out and everybody's

4:48

like what the heck is happening over

4:49

here that's anxious attachment style

4:51

it's the belief that you will be

4:53

abandoned and you destroy your own

4:54

Relationships by trying to avoid being

4:56

abandoned and really the problems are in

4:58

I hate to say this but they're in your

4:59

head you have created an unwinnable

5:02

scenario where it's never going to be

5:03

okay because you don't believe you're

5:05

okay you believe you're worthless so

5:07

there's never going to be a place where

5:08

it's okay the better it gets the worse

5:10

it gets in your head and the worse it

5:11

gets the worse it gets in your head so

5:13

no matter what you are on a downward

5:14

spiral that is inevitable that's anxious

5:16

attachment style that resonates with you

5:18

you're not alone and it's fixable

5:19

fixable 100 by the way number two

5:22

avoidant attachment style where the

5:24

belief is you walk into a problem or in

5:27

a situation say no one in here is going

5:29

to act in good faith I'm the only one

5:30

who's going to act in good faith so I

5:32

need to keep track of everybody else and

5:33

make sure they're going to act in as

5:35

good of Faith as possible or at least

5:36

act in the right direction so I'm going

5:38

to push a couple of buttons in here they

5:40

don't maybe think this consciously but

5:41

I'm going to do this so that this person

5:42

is happy I'm gonna do that so that

5:44

person's happy I'm going to manage

5:46

everybody's moods around me so that they

5:48

won't hurt hurt me when things hit the

5:50

fan and when there's a problem they'll

5:52

be more or less amiable and I'll be able

5:55

to navigate the crisis Myself by

5:57

managing these people's moods and how

5:59

they're going to balance that's an

6:00

avoidant person now they might be

6:01

fearful avoidant or they hang back and

6:03

say I just don't want to get involved

6:04

I'm going to be the guy in the back room

6:05

not even speaking to anybody because I'm

6:07

just barely involved here or it could be

6:09

the narcissist in the middle of the room

6:10

saying all right you're going to do this

6:11

you're going to do this you're going to

6:12

control this then the person who's

6:13

controlling everything and really

6:15

pushing buttons nice and mean a nice and

6:17

mean intern to push everybody's buttons

6:19

and moods that's more the avoidance

6:20

style they are fearful of being hurt

6:22

they're fearful of people getting too

6:24

close and taking control of them they're

6:26

fearful of people acting upon them the

6:28

anxious style is also fearful of being

6:29

acted upon but they feel utterly

6:31

helpless so they simply lay there trying

6:33

to make people happy as they're about

6:34

they act upon themselves to make other

6:37

people look I'm hurting myself for your

6:39

sake that's almost what it is they act

6:41

upon themselves the avoidant person acts

6:43

upon others to prevent being acted upon

6:45

or stays away from people to prevent

6:46

being acted upon that's the avoidant

6:48

attachment Style and it can look very

6:50

cold very detached very disinterested

6:52

very clinical and aloof it can it can

6:56

look a controlling narcissistic there's

6:58



good and bad versions of it I don't say

7:00

good and bad but but nine and malicious

7:02

versions of it let's just say hurtful

7:03

the gaslighting that we all hear about a

7:06

lot of that is the avoidant attachment

7:07

style the hurtful end of the avoidant

7:08

attachment style not all people with

7:10

that then comes the disorganized style

7:12

also called anxious avoidant right we

7:14

talked about that it began called be

7:16

called by calling a disorganized because

7:17

it's both it's back and forth and back

7:19

and forth they are so anxious and

7:21

believe that they are worthless and will

7:23

be abandoned but they also believe other

7:24

people are the problem so they become

7:26

sometimes they get hurt and hurt and

7:27

hurt till they become aggressive and

7:29

attack other people or push buttons on

7:31

other people or manipulate other people

7:33

or get leverage over other people or

7:36

anything they become wildly chaotic of

7:38

I'm terrified I'm going to be abandoned

7:40

but you can't abandon me because I'm

7:42

abandoning you and they get out they run

7:43

or they it's it's the best and worst of

7:46

the anxious and the avoidant at the same

7:48

time they are anxious until they're

7:50

avoidant and they may be fearful

7:51

avoidant or they may be narcissistic

7:53

avoidant but it's this constant tug of

7:55

war and balance and chaos and nobody is

7:57

more conflicted and more confused than

8:00

they are they are more deeply affected

8:02

by it than anybody else and they usually

8:03

hate themselves to be honest because

8:05

they just can't figure out how to stop

8:06

doing what they're doing that's the

8:08

disorganized style that they now call

8:09

anxious avoidant because people don't

8:11

understand what disorganized means it

8:12

means that back and forth back and forth

8:14

blend of the two not in an organized

8:15

category it's both these are the four

8:17

attachment Styles so I'm going to ask

8:19

you real quick have you ever been acted

8:21

upon well you probably have if you

8:22

resonate with any of those three

8:24

insecure attachment Styles your parents

8:25

probably acted upon you or your

8:27

caregivers people acted upon you to such

8:30

a degree that you learned other people

8:32

are going to act upon you and that is

8:34

where your attachment came from you got

8:36

so used to the way you were acted upon

8:38

acted upon acted upon that you developed

8:40

these defense mechanisms for how you are

8:43

going to act upon others act upon

8:44

yourself stay back so you don't get

8:45

acted upon you develop this so if you

8:48

would please drop down down in the

8:49

comments I'm gonna have a pin comment

8:51

below with a question tell me about a

8:52

time you were acted upon now the reason

8:54

I'm asking this is not to collect data

8:55

the reason I'm asking this is because I

8:57

want everybody watching this video after

8:59

they watch this video to be able to drop

9:00

down to the bottom and see when other

9:02

people were acted upon and start seeing

9:04

that that's it's not normal it's not

9:06

normal for people to act upon each other

9:08

that's not the healthy way to Live

9:10

acting with each other go back to secure

9:12

attachment go back to secure attachment

9:13

now you've seen the way the other three

9:15

people live go back to secure attachment

9:17

wait a minute for a minute there well

9:18

let's not act upon each other let's act

9:20

with each other where's the facts all

9:21

right let's lay the facts on the table

9:22

all right that's what it is we got to

9:23

deal with that okay well how are we

9:25

going to deal with that together well

9:26

here's this can you do this differently

9:28

well I don't know if I can do that well

9:29

what would you need to be able to do

9:31

that differently well I would have to do

9:32

this well okay can we do that is that

9:34

feasible are these things feasible can

9:36

we do this together well here's this

9:37

that's a secure attachment it's very I

9:39

don't say business like but done in good

9:41

faith everybody is operating in good

9:43

faith and everybody believes everybody

9:45

else is operating in good faith good

9:47

faith carries the day that's the point

9:49

of secure attachment that's why secure

9:51

attachment tends to seek out secure

9:53

attachment because that's the way that

9:54

they are best optimized the other three

9:56

attachment styles are protective defense

9:58

mechanisms maladapted behaviors from

10:01

from bad relationships that formed you

10:03

so tell me in the pin comment if you

10:05

would tell me about a time you were

10:07

acted upon it could be early in life it

10:09

could be more recently but you will find

10:11

that if it was early in life it may have

10:12

been formative for your belief that you

10:14

can't connect to people and if it was

10:16

recently it might be biasing you to

10:18

believe that you really can't open up

10:20

and connect to people because this

10:22

creates a self-perpetuating bias the

10:24

anxious person starts running away from

10:26



relationships and sabotaging them until

10:28

other people start rejecting them then

10:30

they say look I'm being rejectable yes

10:32

because you're you're making them reject

10:34

you because they have no idea what's

10:35

going on the avoidant person runs and

10:36

runs and runs and pushes buttons pushes

10:38

buttons until people get tired of their

10:39

button pushing then people snap back at

10:41

them and then the person says oh look

10:43

nobody cares about me I'm on the outside

10:45

nobody likes me anyway because they are

10:47

on the outside they put themselves in

10:48

outside and the disorganized person back

10:50

and forth back and forth chaos creates

10:52

so much anger in other people that

10:54

people react angrily to them and the

10:56

person says look everyone's just always

10:57

mad at me and it's not fair and yes

11:00

maybe it's my fault but it's not really

11:01

my fault and and it creates this

11:03

self-perpetuating bias you get stuck in

11:06

it so please leave me a comment telling

11:08

me when somebody acted upon you really

11:10

and let everybody else see it not for

11:12

your sake but for everybody's sake

11:14

because everybody we need to start this

11:16

conversation about what is normal and

11:18

what is not for acting upon each other

11:19

it's acting with each other and yes we

11:22

are fearful we are fearful we're afraid

11:24

of being acted upon we're afraid of

11:25

being hurt that's reasonable because we

11:28

have been hurt but we've got to get

11:29

through it we have to navigate the fear

11:31

we have to learn to open up and connect

11:33

and yes that means taking some risks

11:35

where some people could act upon us but

11:37

we're going to have to get through those

11:38

moments with good people that we can

11:40

trust and there's green and red flags to

11:42

find that out and if you want to learn

11:43

about green and red flags in these

11:45

relationships check the link in the

11:46

description below you can sign up for my

11:48

coaching I will show you personally how

11:51

to find green and red flags if you have

11:53

resonated with these attachment Styles

11:55

and you want to fix it sign up sign up

11:57

for a session and let's talk about what

11:59

your roadmap has looked like and what

12:00

the plan for your future should be

12:02

because we can get you to a place where

12:04

you don't have those attachment issues

12:06

anymore we can get you to a place where

12:08

you have the secure style where you walk

12:10

in and say okay there's a problem let's

12:13

deal with this problem all right here's

12:14

the facts I'm a little nervous guys but

12:16

let's bear with me and I'll bear with

12:18

you and we'll have good faith with each

12:19

other okay okay all right let's do this

12:21

and you can get through it and that can

12:23

be the rest of your life if you've lived

12:25

your whole life the other three ways

12:27

let's get that done click the link below

12:30

talk to me about coaching let's jump in

12:31

and let's look at what that would look

12:33

like to build that plan usually it's a

12:34

few sessions and people have resolved

12:36

tons of those problems and their life is

12:38

significantly better with better

12:40

relationships less stress better sleep

12:42

at night no more worrying and they're

12:44

able to talk about their problems

12:45

instead of sabotaging their

12:46

relationships we can do that so leave me

12:48

a comment below and remind me about a

12:50

time you were acted upon share that so

12:52

other people see it hit the Subscribe

12:53

button watch some of the other videos on

12:55

this channel if you would I would love

12:57

to talk to you in coaching and I'd show

12:58

you how to fix these attachment problems

13:01

thank you