

hello my name is adam lane smith and i'm

0:03

an attachment specialist today we're

0:05

going to be talking about what

0:06

attachment is because that's one of the

0:08

number one biggest questions i get in my

0:11

work when you say i'm an attachment

0:13

specialist people have no idea what

0:15

you're talking about

0:16

so what is attachment

0:19

attachment is the way that two human

0:21

beings connect together in a secure way

0:24

that they believe that connection will

0:26

not be easily broken you're attached you

0:29

you're not just going to pop off that's

0:30

why it's attachment is because you're

0:32

connected and securely connected

0:34

it looks like believing that other

0:36

people care about your needs care about

0:39

what you want and will do what's right

0:41

for you without exploiting you for some

0:44

people that sounds impossible and they

0:46

can't imagine that

0:47

many people have what's called broken

0:49

attachment where they do not have that

0:51

secure connection with other people and

0:53

there's a reason for that

0:54

we learn attachment from our parents

0:57

from both parents even if only one

0:59

parent is present in our life we're

1:01

learning attachment from the other

1:03

person because now there's a 50 50 shot

1:05

that people will abandon us or walk away

1:07

for some reason

1:09

the child's brain and from the moment of

1:11

birth especially in those first six

1:13

months and up until the child is about

1:15

12 years old a child's brain is trying

1:17

to figure out

1:19

how are people going to treat me what do

1:21

i deserve and what should i expect from

1:23

others what is my role in my

1:25

relationships

1:27

if something good happens everything is

1:29

perfect and the parents give the child

1:31

the nurturing that that child needs the

1:33

child will learn people around me are

1:35

stable they love me they care about me

1:38

we will meet each other's needs and we

1:40

can attach securely i don't have to

1:42

worry

1:43

if something goes wrong and many times

1:45

it does

1:46

if for a variety of reasons if something

1:49

goes wrong

1:51

that child's brain

1:53

doesn't understand why a child's brain

1:55

is built for cause and effect if they

1:57

drop something they learn about gravity

1:59

i dropped it it hit the floor me

2:00

dropping it caused it to hit the floor

2:03

i threw this toy and it broke that lamp

2:05

that i caused that lamp to break the

2:08

brain also does this unfortunately

2:11

when someone hurts us when someone

2:12

abandons us when someone doesn't give us

2:14

what we need it's not all about the bad

2:17

sometimes it's about missing the good

2:20

some parents who have attachment issues

2:22

themselves pass that attachment to their

2:24

children

2:25

just because they don't know how to

2:26

securely connect and show that secure

2:28

connection to their children so their

2:30

children grow up with anxiety and

2:32

attachment issues themselves even though

2:34

they were never abused and they never

2:35

understand why that happens a lot it's

2:38

generational attachment issues

2:40

very common unfortunately

2:43

now the way that attachment works is

2:45

once a child's brain starts to believe

2:47

that it caused that child caused someone

2:50

to hurt them neglect them not give them

2:51

what they need the child's brain says

2:54

why did this happen there must be

2:56

something wrong with me deep down inside

2:58

of me that everybody else can see that

3:01

causes them to treat me this way but i

3:03

don't know what it is i can't see it

3:05

so now every single part of me is

3:07

dangerous every part of my insides my

3:10

thoughts my feelings my needs everything

3:12

is dangerous and if i ever open up and

3:14

show people what i am on the inside they

3:16

might leave me

3:18

so i have to never open up and show

3:20

anybody who i am or what i need or what

3:22

i want or how i feel i need to create

3:24

the perfect cardboard cutout that goes

3:27

in front of my wall that looks like a

3:28

perfect person who never causes problems

3:32

now you can understand why you could not

3:33

function in relationships that way

3:35

especially even as a child children can

3:37

pass

3:38

you can pass for good attachment

3:40

sometimes it usually most often boils

3:43

out as severe anxiety issues

3:45

perfectionism that child who's drawing

3:47

is really good but they're sobbing

3:50

uncontrollably because it's not perfect

3:52

the child the little girl who gets an a

3:55

on her test and is crying inconsolably

3:57

because it's not an a plus

3:59

oftentimes that's attachment issues same

4:02

with kids who are jokers and can't sit

4:04



still and can't be serious sometimes

4:06

that's attachment issues

4:08

same with kids who are defiant

4:09

oppositional defiant disorder sometimes

4:11

these pieces are major attachment clues

4:14

that are missed because that child

4:16

believes something is wrong with them

4:18

and the adults around them are not

4:19

loving them specifically their two

4:20

parents single parent households are

4:22

notorious for creating

4:25

attachment issues not because the single

4:27

parent who is there is bad but they

4:29

can't overcome the issue the fact that

4:32

the other parent is gone

4:34

the other parent isn't there and the

4:35

child's brain says

4:37

it's a 50 50 shot if people will love me

4:40

maybe mom if mom is staying maybe mom

4:42

just feels bad and takes care of me

4:44

because she has to

4:46

if that was if i was a good child dad

4:48

wouldn't have

4:49

whatever

4:51

now

4:52

those things those things sound stupid

4:55

it sounds stupid for us to say a child

4:58

would blame themselves for their dad's

4:59

alcoholism for their mom being abusive

5:02

for dad leaving it sounds silly because

5:04

it is

5:06

but we walk around with these

5:07

assumptions all the time because the

5:08

child's brain forms those assumptions

5:10

within the first six months first two

5:11

years the first 12 years the child's

5:14

brain learns about gravity it learns

5:15

that gravity pulls things down water is

5:17

wet and i am an unlovable piece of crap

5:20

that makes people leave me those are

5:21

fundamental laws of the universe that

5:23

cannot be changed so we don't even think

5:25

to question them we don't even go back

5:27

to change them

5:29

and because the child's brain thinks

5:31

that it is on the edge of abandonment a

5:32

child who gets abandoned will probably

5:35

die children can't feed themselves or

5:37

protect themselves very well so the

5:38

brain welds the limbic system fight or

5:41

flight response to fear of abandonment

5:44

that fear of death and anticipation of

5:45

pain welds to a perceived abandonment so

5:49

when we perceive that we might be

5:51

abandoned

5:52

our fight or flight kicks on and we're

5:54

terrified this is why it's so hard to

5:56

overcome attachment issues is because

5:58

when you try to connect to other people

6:00

and try to be honest and try to overcome

6:02

that conditioning your fight or flight

6:05

response kicks on and stops you because

6:08

you are afraid you are going to die you

6:10

are fighting against your own brain

6:11

trying to fix it

6:13

now these problems don't go away in

6:14

adulthood unfortunately oftentimes

6:18

that anxiety will boil and boil and boil

6:21

as the child's brain experiences more

6:23

and more bad things and says something

6:25

bad happened to me no one's going to

6:26

help me so i'm the only one who can take

6:28

care of myself

6:29

i must have to worry more i wasn't

6:31

worrying enough and it clicks the worry

6:33

up and clicks the way up and clicks lori

6:35

up

6:35

until it can't worry anymore and then we

6:38

switch schools we go into middle school

6:40

or high school

6:41

social groups change puberty hits you're

6:44

trying to join with a partner you're

6:46

trying to all kinds of things depression

6:48

often crashes in in early early high

6:51

school could be late middle school

6:53

really depends on the child the severity

6:54

of the issue but depression crashes in

6:56

typically

6:58

sometimes they pull out of it sometimes

7:00

they make it sometimes they don't

7:02

sometimes if it's really bad and there's

7:04

been sexual abuse sometimes they blow up

7:06

into

7:07

panic disorders panic attacks and they

7:10

don't even know what those are they're

7:11

just they can't stop panicking in terror

7:13

they can't stop

7:14

a horrible if sometimes it almost feels

7:16

like a heart attack sometimes that blows

7:18

up again into bipolar issues into manic

7:22

hypomanic various issues that you can

7:24

have as your brain continues to deal

7:26

with this ongoing stress and at the root

7:28

of it

7:29

is this belief that you are unlovable

7:31

you are worthless no one will ever take

7:33

care of you you are alone and you must

7:35

be perfect but you can never be perfect

7:38

it's the need to be perfect when you

7:39

know you can never be perfect because

7:41

you're worthless that is at the core of

7:43

bad attachment and we carry that into

7:45

relationships and that destroys

7:47

relationships it leads people to settle

7:50

for abusive partners it leads people to

7:52

fracture their marriages

7:54



because you have to play a constant

7:56

deficit with other people trying to get

7:58

your needs met which are evil secret

8:00

needs that nobody can ever learn about

8:03

and you're not worth meeting them even

8:04

if they're normal needs you're not

8:05

allowed to get them met because you're

8:06

worthless

8:08

and trying to meet other people's needs

8:09

but you can't because you're worthless

8:11

so you have to find people who have

8:13

really bad needs

8:16

really unstable people really broken

8:18

people who will probably hurt you in the

8:20

process

8:21

so that you can take care of them and

8:23

make them feel loved and safe and

8:25

protected so that they will

8:28

justify meeting your needs

8:30

so that if they find out who you are at

8:32

least they're grateful to you

8:34

and those two people with attachment

8:35

issues try to form a marriage where

8:37

they're both doing this protecting

8:38

themselves two cardboard cutouts on top

8:41

of walls trying to talk to each other

8:43

through their cardboard cutouts and

8:44

walls and that marriage does not work

8:46

and that

8:47

leads to children with attachment issues

8:49

because the children grow up and that

8:50

wondering what the heck is going on

8:54

and it's awful it's really terrible and

8:56

that is a huge piece of our western's

8:58

culture and our western civilization now

9:00

is these generational entrenched

9:04

attachment issues that not everybody has

9:06

but many people have that have become

9:08

normal in our storytelling our movies

9:11

main characters almost all of them have

9:12

attachment issues everybody has

9:14

attachment issues why

9:17

because it reflects how we feel it

9:18

reflects how alone we feel how afraid we

9:21

feel and how worthless we feel

9:24

that

9:25

is the heart of attachment

9:26

it makes all your relationships unstable

9:28

because the fear is that if anyone

9:30

learns who you really are on the inside

9:33

it's all over that person is going to

9:35

reject you and you'll be so crushed that

9:36

the next person you won't remember how

9:38

to be perfect with them so you're going

9:40

to ruin that one too and the next one

9:41

and the next one in the next one so the

9:42

fear is that one mistake made in the

9:45

morning could lead to at the end of the

9:47

day you've lost every one and everything

9:48

because you've been revealed to be a

9:50

complete fraud

9:52

that's attachment

9:55

and that's why it's such a problem

9:57

because relationships are everything

9:59

work

10:00

is relationship to the customers to your

10:03

employer

10:04

the way that you

10:05

perform art it could be painting you are

10:08

creating a picture for an audience and

10:10

that's a relationship to the audience

10:11

writing

10:13

writing is a relationship to the

10:14

audience as they're interpreting your

10:15

inner thoughts

10:17

every job every romantic relationship

10:20

every friendship

10:22

religion

10:23

is a relationship to the divine every

10:26

relationship everything in your life is

10:28

relationships everything of purpose and

10:30

meaning

10:31

these are all relationships

10:33

an attachment is the core of your

10:35

relationship so if your ability to

10:37

attach is broken

10:39

everything in your life will be broken

10:43

and they won't get better

10:44

until you fix your ability to attach

10:47

and then

10:48

you can fix everything in your life

10:50

because it's all relationships and if

10:52

it's all attachment fixing your

10:54

attachment will fix every other piece

10:57

but it's hard it's so hard to fix that

10:59

attachment because you're fighting your

11:00

own brain your own limbic system that

11:02

fight or flight response that tells you

11:04

if i open up and connect to other human

11:06

beings

11:07

it won't go well

11:11

is there a way to fix it

11:12

yes yes there is there very much is and

11:15

it's relatively simple it's not easy

11:19

it's one of the hardest things that

11:20

people will ever do

11:22

but it's simple

11:24

it's to learn to be loved

11:26

is to open up and learn to be loved by

11:27

other people and there's a process for

11:29

that i've built that process i'm an

11:31

attachment specialist i've written a

11:33

book called slaying your fear it's on

11:35

amazon there's an audio book it's not a

11:37

long read because it's a simple process

11:40

it's built into us we know it

11:43



the brain needs to unlearn what it's

11:45

learned and then relearn that we are

11:47

actually lovable human beings

11:49

there's a process for that there is hope

11:51

if this is you and if you've experienced

11:53

this

11:54

there is absolutely hope for you

11:57

now

11:58

you understand what attachment is

12:01

the next step

12:02

is getting ready to fix it

12:05

if you've experienced attachment i would

12:07

love to hear from you let me know