

why is it that so many anxiously attached women seem to be addicted to avoidant men they chase one they lose

0:07

him they get their heart absolutely broken and they swear they will never do it again and then what happens they go

0:12

out and the next guy they find just as avoidant if not more so why does this keep happening I've seen it time and

0:19

again in my coaching practice and in my years as a marriage and family therapist women who are anxiously attached seem to

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crave a connection with avoidant men and I'm here to tell you that that is a true thing and I'm going to walk you through

0:32

today exactly why anxiously attached women are so addicted to avoidantly

0:37

attached men and a couple of things you can do to make sure that you don't select an avoidant man next time stay

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tuned for the second half of this video because that's going to be answers for exactly what to do but first I need to

0:49

walk you through exactly what's happening in your selection process why are you finding yourself connecting to

0:55

these men who are just going to hurt you it's not that you're a bad person it is not that you're foolish you're stupid it

1:01

really is that you are following a very specific pattern that millions of women are trapped in and today I'm going to

1:06

show you exactly how to break it so let's go now I'm just going to get this out there the very first thing and the

1:11

first reason that a lot of anxiously attached women do connect to avoidantly attached men is the thrill of the chase

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it's not just this but there is an element there right the avoidant man's emotional distance it creates a sense of

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excitement a sense of challenge for the anxious woman she often finds your drawn

1:31

to that unpredictability that mystery that he represents the how much can I get him to open up can I get him to

1:38

share with me can I make this connection happen it is a challenge now it's it's

1:43

not a challenge and a lot of women watching this might say well tell me more because I'm not sure that's me it is the desire to help someone open up

1:51

and see that you are the person who helped him do that many men have a have

1:56

a desire for chasing for getting for connecting and many times that really is

2:02

culminated in the bedroom act which is why a lot of more avoidantly attached guys especially lose interest after the bedroom act but for women the Chase

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isn't really the bedroom the chase is his heart can I get him to open up it's

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not quite conquering but you know what almost it's conquering through feminine love and feminine nurturing to get him

2:22

to open up that Thrill of the chase huge component that you definitely need to be aware of now why is it that women are

2:29

chasing this challenge what do they hope to get from it what's the prize Well one big element is the illusion of control I

2:36

do not mean that anxiously attached women want to control their partner but anxiously attached women may find and

2:42

may believe that by fixing the avoidant man they can control the unsafe feelings

2:49

that they themselves have they can alleviate their insecurities it's actually control over their their

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environment control over self not the desire again to control or manipulate a

3:00

person but to control your own unsafety now this illusion of control it gives a

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sense of purpose and validation into those feelings if I can just get him to

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open up about his feelings if I can just understand those feelings if I can get him to accept me then everything becomes

3:20

safe and it becomes this overriding purpose to the exclusion of most of the other parts of her life maybe even her

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job maybe her friends maybe her family even as the relationship Dynamics remain

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unhealthy or become more unhealthy that illusion of control is so desirable that

Familiar Patterns and Anxious Attachment

3:39

she will give up most of the good things in her life which is why they say a lot of anxiously attached women collapse

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into their relationship with him it's because this is where she thinks she's going to find safety another core reason

3:51

that anxiously attached women Chase avoidant men is familiar patterns because many anxious women grew up in

3:57

environments where love and affection were inconsistent that that's what made them anxious in the first place they didn't spring from nowhere

4:04

they didn't just wake up one day and decide to be anxious they grew up with parents or caregivers or both who made

4:11

them chase approval as a mechanism of safety that leads them to unconsciously

4:16

seek out similar Dynamics in adulthood The Familiar emotional roller coaster that feels like home to them does bring

4:24

pain and confusion but it's what they know they feel safe a bit in it because they can predict it they can make

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changes they can please somebody they know how to play by the rules of this

4:36

game they don't really know how to play by the rules of a secure game so secure people confuse them and make them feel

4:43

more flat-footed than ever when they connect to an avoidant man at least they know what to do and speaking of familiar

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patterns by overcoming those familiar patterns by finding answers and maybe

4:55

even getting validation in a similar circumstance sometimes they're seeking to heal that core wound and say see I

5:02

knew dad was wrong this avoidant man is able to accept me even though dad didn't

5:07

and that familiar pattern tries to come around full circle and get resolution now another one we have to talk about

5:14

and I've seen this one time and again in my coaching practice and it's one of the hardest ones to deal with is low

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self-esteem low self-esteem can contribute to an anxious woman's attraction to avoid man in a big way

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because she might believe she doesn't deserve better many times when I dig with an anxiously attached female client

5:32

I say what is it that keeps you here what is it that keeps you stuck in this why do you accept this and she says well

5:38

I I just I I don't do I really even deserve better would I even find better

5:44

would anyone better even accept me that's at the core of this is there

5:49

is no better this person's taking pity on me this is the best I can find this

5:54

belief right here often leads her to settle for emotionally unavailable Partners who then reinforce her negative

6:01

self-image by criticizing by by demanding things from

6:06

her by mistreating her by complaining about her and frankly by not being happy

6:12

with her and then telling her it's her fault that low self-esteem gets worse and worse and worse instead of getting

6:18

any better it just makes everything so sad now this next one is going to hurt and I'm just warning you trigger warning

6:24

but a hero complex also keeps a lot of anxiously attached women stuck in place Place anxious women often have an

6:31

unconscious desire to fix or save other people the avoidant man in particular

6:37

believing that if they can just break through his emotional walls they'll finally receive the love and security

6:42

that they crave because they have proved that they are worth it it's a need to

6:48

save a need to validate her own existence and say I am good because I

6:54

helped somebody this is not necessarily a terrible thing trying to help people but

7:01

the problem is that she wraps her self identity up in finding people who do not

7:06

want to change who do not want to get healed who do not want to be fixed and then she tries to fix them as a means of

7:14

saying look I have worth and that person absolutely resists it and now at the end

The Hero Complex & Emotional Dependence

7:19

of the relationship she says I have no worth I am just as worthless as I ever

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believed and it's terrible and this is what leads to a tremendous number of broken hearts hearts with anxiously

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attached women who just wanted to give love and show somebody that love exists that hero complex destroys her because

7:38

she really doesn't believe she is worth anything if she can't change somebody's mind now the next one is emotional

7:45

dependence okay the anxiously attached woman can become overly reliant on the avoidant man for her emotional

7:52

well-being this is because at the beginning of a relationship a lot of avoidant men flood the anxious woman

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with oxytocin bonding and make her feel so loved and so desired and so safe and

8:04

he doesn't usually realize what he's doing it's not usually malicious he's flooded with dopamine so he floods her

8:10

with dopamine in return except it's not dopamine it is oxytocin she feels so bonded and so connected and over time

8:19

his begins to dwindle his Ox his dopamine so he doesn't give her as much but again it's not dopamine it's

8:24

oxytocin from his perspective dopamine from her perspective life itself

8:29

this right here is where a tremendous number of anxiously attached women mistake those occasional displays of

8:36

affection or attention as proof of an existing deep connection that she just has to push and get more of when in

8:43

reality it's part of that toxic push pole Dynamic where he's feeling less connected so he's drifting apart we call

8:50

this breadcrumbing more manipulative avoidant Partners will do this on purpose but most avoidantly attached

8:57

Partners don't do it on purpose they see that you're stressed out so they give you what they think is dopamine Feelgood

9:02

stuff but it's actually oxytocin which refreshes that addictive quality so this is why she becomes emotionally dependent

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and stays emotionally dependent now over time what happens right she starts to

9:14

get pretty resentful because he's feeding her in addiction and pulling back with withdrawals addiction withdrawals addiction withdrawals and it

9:21

goes into this ugly cycle where she gets more and more wounded and he's more and more confused by her behavior they get

9:28

resentful and it all falls apart whether it's one year in or even 15 years in in a marriage it really tears the

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relationship apart through this emotional dependence it's not bad to want oxytocin bonding with your partner

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the problem is the is the dynamic between the anxious person and the avoidant person and that constant

9:46

injection of addictive substance without actually following through or feeling it that's the problem and the last piece is

9:53

codependency this is kind of like the hero complex but codependency frankly is a bit worse it's I need to be needed if

10:00

somebody needs me I have value I am worthless on my own so I need somebody

10:07

to require something from me and avoidant men at least at the beginning require nurturing they require love they

10:14

require various other bedroom activities they require all kinds of things from her that she can give as the

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relationship goes on though and especially keeping in mind that emotional dependence he begins to need

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other things or he doesn't know what he needs anymore the dopamine Cliff happen happens at 6 months he falls off the

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dopamine cliff and no longer gets dopamine from her so he doesn't know what he can want or feel from her and she doesn't know how to give it to him

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she gets more and more frustrated saying I want to give you my love and he says I don't know what that means it doesn't

10:43

seem to have any value to me so he rejects it and she needs him to accept it she needs him to accept this now keep

Understanding Anxious Attachment and Love Bombing

10:52

in mind most anxiously attached women Unfortunately they don't know how to signal or detect interest in somebody

11:00

unless they're being love bombed love bombing at the beginning that oxytocin that butterfly feel is what they rely on

11:06

to see that somebody cares about them it can't be subtle it has to be a tidal wave so they get hit with love bombing

11:13

at the beginning big feelings way too early without anything backing it and

11:18

then they throw themself into it to save him to love him to nurture him to serve him to give him everything and in return

11:26

what happens the dopamine Cliff he starts pulling back she feels abandoned she chases that's why this Dynamic

11:32

happens you guys over and over and over millions and millions and millions of times every year tens of millions of

11:39

times this is why we have a 98% breakup rate in in relationships right now through dating it's because of this

11:46

Dynamic of over and over and over anxiously attached women and avoidantly attached men continuously now there's an

11:54

elephant in the room that we need to discuss which is that a lot of anxiously attached women are in therapy and

11:59

they're trying to fix this they're trying to resolve anxious attachment they're trying to solve problems a lot

12:04

of them don't feel comfortable going to friends and family to talk about new dating relationships they feel

12:10

embarrassed they don't want to get exposed they don't want to betray his trust and a lot of avoids they don't tell anyone anything about me because he

12:16

wants to control the flow of information I've seen that a lot too so where does she go she goes to therapy her therapist

12:22

is the person she shares everything with now unfortunately traditional especially modern therapy with its very heavy focus

12:29

on feelings and emotional expression can sometimes make these issues for anxious women much much worse because by

12:37

encouraging those deep dives into their own feelings often times without equally emphasizing an understanding of the

12:44

avoidant partner's chemical imbalances and attachment challenges therapy can lead anxious women to demonize the

12:50

avoidant partner you've seen this all over the internet where people get demonized just for being avoidant and

12:56

most anxiously attached women don't like this they actually hate this they love the avoidant man they don't want to

13:01

watch him get torn down and and beaten up they don't want that now a lot of women in the comments sections on videos

13:08

for avoidant men or anxiously attached women a lot of them often are more Angry hurt disorganized people people with a

13:14

with attachment personality disorders full full personality disorders I should say um yes sometimes they are very resentful

13:22

anxious women who are currently in an anger cycle following betrayal so they're there for that but by and large

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from my experience years and years and years of doing this as the attachment specialist most anxiously attached women

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they actually get kind of disgusted by watching people attack the men that they love the man that they care about they

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don't want that now in therapy and I've seen this too many times with therapy colleagues a

13:46

therapist sometimes will pick a side wow what a jerk wow he's so mean to you why

13:51

doesn't he care about you why doesn't he love you and remember that she's going in there sharing the worst Parts women

13:58

don't go into therapy gosh about how happy they are typically they go in there to discuss the problems so what does a therapist here problem problem

14:05

problem problem problem and from that perspective he might be ethically avoidant but he might sound

14:10

manipulatively avoidant if she is deeply confused about what he's doing and why she might report these things and how it

Therapeutic Miscommunication and Relationship Dynamics

14:16

makes her feel and the therapist could say wow he sounds so toxic he sounds so

14:21

manipulative I think he's got a personality sort of you should run there's a lot of therapists who do this

14:27

okay there's also a lot of therapists who don't challenge an anxious person's feelings they say wow how are you

14:32

feeling well this and this and I'm overwhelmed and this wow okay let's just do some activities to try to bring your

14:38

anxiety down because it sounds like this relationship is probably not good for you right and all of these things can

14:43

tear this apart and then she's got this swirling in her head when she's sitting with him my therapist said he's toxic

14:49

they said he's got a personality disorder I don't know what to do should I leave him I love him I care about him

14:55

and she's swirling on this while he's sitting there at his desk you you in the in the home office like hm I wonder

15:01

what I'm going to eat for lunch tomorrow and she's and she's her brain is ripping the relationship in half what's she

15:06

going to do well she's going to go test she's going to poke she's going to prod she's gonna ask questions he's going to go what's happening here he's going to

15:14

detect it he's going to get spiky and a little bit withdrawn she's going to freak out oh no now I've made it worse

15:19

now I've hurt his feeling now I've ruined everything so she'll Chase and she'll desire and and he'll pull back

15:24

even further because again he's constantly tracking for risks right this

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is why unfortunately a lot of times modern therapy makes things worse so

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instead of fostering a balanced approach to communication hey what do you think he's thinking have you asked him about this

15:43

have you challenged this what does he say do you want to bring him in here let's talk to him together we can

15:48

actually resolve some of this here's some information about avoiding attachment cell almost nobody ever does that here's some information about

15:54

avoidantly attached people and how it can be beneficial but also how they can be kind of Trapped here's some ideas

15:59

about what he might be thinking very few people do this it's oh he's so toxic toxic toxic toxic narcissistic

16:06

narcissistic right this is what we hear tremendously nowadays unfortunately so instead of fostering that balanced

16:12

approach to communication and mutual understanding therapy can reinforce that anxious woman's belief that her partner

16:18

is simply unwilling to change that he is selfish toic narcissistic hurtful

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personality disorder uncaring she's a Vic victim a lot of women go into

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therapy and come out with a victim mindset and sometimes that's accurate

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but many times it's the therapist themselves painting that image either because the therapist hasn't done their

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own work unfortunately a lot of places don't require therapist to actually resolve their issues so they go into therapy with all of their own wounds

16:47

intact or because the therapist may not know any better she might be presenting a really awful picture I was a licensed

16:54

marriage and family therapist for many many years and I learned very quickly that when somebody brings you all these

17:00

massive complaints to vent about their partner often times they still love their partner and when their partner

17:06

comes in their partner has a completely opposite perspective and the truth doesn't lie somewhere in the middle the

17:12

truth is something that neither one of them is even looking at you have to guide both of them to a new truth that

17:18

is disconnected from what either one of them believed because they haven't asked questions and they've been flawed since

The Impact of Unhealthy Relationship Dynamics

17:24

the beginning it's not that one is true or both are true or Nei it neither one

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usually has it right you guys and it takes therapists a time to kind of figure that out if they ever

17:37

do this problem can send that anxious woman in the wrong direction that can further entr trencher an unhealthy

17:44

relationship Dynamics as she loses one loving partner after another because they're avoidant sure but she loses

17:51

these relationships that mean a lot to her and she doesn't want to lose these relationships she just doesn't believe

17:56

it's possible anymore now that deepens her frustration it

18:02

deepens her confusion and often times it either provokes worse anxious feelings in her like all of these people have

18:09

left me and that didn't love me or it flips her and she becomes the blend of

18:15

the two the disorganized style where she Acres more and more avoidant traits I deserve better than this I deserve

18:21

better I've seen too many people go into therapy with the wrong therapist and come out I deserve X Y and Z and now

18:28

they go into Rel relationships with a list of angry demands and the new partner ends up taking all of the

18:34

beating that the last partner provoked and it's not right I've seen it too many

18:39

times with good-hearted anxious people who are LED astray this cycle not only of the anxious person

18:46

connecting to the avoidant person but but even in the therapy structure can become very addictive as the

18:51

unpredictability and the intermittent reinforcement in these relationships and then going in with your therapist who

18:57

might be avoiding also who knows triggers a release of dopamine leading to a kind of emotional dependency on

19:04

this endless roller coaster yes the anxious part anxious woman is getting also rushes of dopamine at times in her

19:10

mix with the with the oxytocin at the same time so now she's got a double addiction going on this is why I've seen

19:15

those anxious relationships just get so much worse this is unfortunately why a

19:20

lot of anxiously attached women can't find the way out not because they're foolish again not because it's not

19:26

possible not because they're not trying most of them are trying incredibly hard it's just that nobody is showing them a

19:33

way out and the people who should be helping them are not many times the people who should be helping them are

19:38

making it worse whether that's friends or family yes even a therapist so if this sounds like your Dynamic right here

19:46

if you've never really understood the Deep underr Runnings inside an avoidant man if you don't know why you're doing

19:52

what you're doing if you don't know how to speak to him differently if you want to be able to test if he's really as toxic as he as you think he might be or

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as your therapist says he is keep in mind that I do have the how to love an avoidant man video course yes it's how

20:04

to love an avoidant man but it's also a bit how to test an avoidant man because the structures I built inside of there

20:09

will show you if he's more ethically avoidant and will work with you or more manipulatively avoidant and he's

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probably somebody that you should really duck out from there's a link Down Below in the description for you to grab that course if that's something you need

20:20

right now but what if you want to stop being drawn to avoidant men what if you want to start attracting secure Partners

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instead well there's a couple key things that you need to do and here's what I'm going to tell you right now first thing

20:34

identify your attachment style determine for yourself if you have an anxious

Understanding Your Attachment Style

20:40

attachment style once and for all because that will as we talked about today lead you into a lot of trouble or

20:46

you might have a disorganized attachment style and lean heavily toward anxious especially when you're around more

20:51

avoidant men disorganized people have a blend of avoidant and anxious so they avoid a lot of people unless they get

20:58

bombarded Ed with Incredible feelings then they collapse completely into that avoidant person's frame as the avoidant

21:05

person maintains a bit of emotional control these relationships do tend to be a lot more let's say toxic sometimes

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hurtful sometimes other words that we can't really say with the censorship so just be careful of that you need to

21:19

really tease out are you purely anxious or do you have a blend of avoidance in there so that if you do start fixing

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things with your partner you won't flip anxious and then run away away from the relationship that's one concern that I

21:30

have I've seen that a lot with coaching clients usually you kind of need a spotter to help you reality check and your partner may not be the right person

21:37

because you're going to distance from them if things do start to work out just be aware of that understanding your own patterns is crucial to making

21:44

relationships work but it's also crucial to helping yourself change so you can go through the process correctly another

21:49

key important thing that you absolutely have to do before you get into another relationship with an avoidant man or if

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you're in one right now before you have another conversation is declare if in your mind what do you truly need in a

22:03

partner this involves identifying your core values your principles your guiding

22:09

ethics understanding your emotional needs as they actually exist not you when you're in a withdrawal phase where

22:16

you need 15 hugs a day but but you where you're at when you are calm and steady what do you need to maintain and

22:22

compatibility factors things like your long-term goals maybe religious Faith where you want to live your family

22:30

structure you want to build if any and your desire for a committed relationship

22:35

a lot of avoidant men will tell you right up front I will never ever ever ever ever ever ever ever ever married then that woman is eight years

22:42

in wondering like hm I wonder when he's going to ask me to marry him honestly believe them right up front if they tell

22:48

you that don't take it as a challenge to try to get them to change their mind it's probably not going to happen and you're both going to get hurt so clarify

22:55

what you need in a partner one thing I recommend is you sit down with a piece of paper and you list out not the nice

23:02

to have but the must have in a partner to live a long-term committed life what

23:07

do you need to see what characteristics or behaviors or approaches or beliefs do you need in a partner for the next 40

23:14

Years of your life together what would have to play out then make that plan individual from your feelings right now

23:21

because your feelings will lead you to sacrifice all those things for what feels like your only possible hope sit

23:27

and make that list right now next I want you to reflect on some past relationships analyze the common

23:33

patterns from your past relationships understand what might be attracting you to avoidant men go back and rewatch the

23:38

first few sections of this video I talked in there about some of those pieces write down which ones are you and

23:43

then say what am I trying to do with this am I trying to compensate for Dad am I trying to compensate for mom

23:49

there's a big one that I hear quite often in anxious women is the mom was the one who was avoiding and destroyed

23:55

her heart who am I compensating for what am I compensating for what am I trying to get here right it's probably not that

Establishing Boundaries for Emotional Well-Being

24:02

you're trying to exploit somebody or take from somebody it's not not like that but but what validation are you

24:08

trying to get that you're hoping another person is going to provide you need to be clear on this

24:14

because if you're not you're going to keep repeating this pattern blindly the next thing that I help coaching clients

24:20

do immediately and it's so crucial I built this inside my attachment boot camp video course when you have to overcome anxious attachment is to start

24:27

establishing much clearer boundaries and these should be based on your principles those ethics we talked about before your

24:33

core values and your long-term goals that's where your boundaries actually lie establish clear boundaries to

24:39

protect your emotional well-being and your long-term well-being and really quite frankly to prevent being drawn

24:46

into any unhealthy patterns that are going to destroy your long-term desires and goals you need to be very clear

24:53

about where you're going and what's going to take you away from that and boundaries will help you do that you

24:58

don't have to base your boundaries based on your feelings and a lot of anxiously attached women maybe this is you they feel like they don't deserve to

25:05

prioritize their feelings so they say nothing when they feel hurt or sad or alone but it's not about your feelings

25:11

at all it's about principles those core values and your long-term goals these are not things that you can just throw

25:17

to the side because they're inconvenient or a burden you have to live to them because this is what will determine the

25:22

quality of your life now once all of this is in place you need to start communicating your needs being upfront

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about your expectations and your desires and relationships hey I need this I want

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to give you the best relationship in the world and to do that I need my needs met here is one of those needs okay very

25:42

crucial that you do this in the how to love and avoidant man video course I talked about the what the why and the how often method of making your needs

25:49

measurable what things make you feel loved right instead of I need to feel loved here are two things that make me

25:55

feel loved here is why those things are important to me here is why they are important to the relationship and how

26:02

they will help us so there's an investment there and here is how often I need those things can you do those for

26:08

me and maybe what do you need in return how can we trade and take care of each other it feels uncomfortable to be a

26:14

transaction like that but keep in mind every relationship is to some extent transactionally transactional it's just

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some of those transactions are based on care and mutual satisfaction and win-win and long-term

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sustainability and some transactions are based on short-term gain exploitation and taking be the person who bases your

26:36

desires and your your transactional needs on Mutual gain mutual love and

26:42

care so that you offer to the other person as well this is what I need and also what do you need how can we take

26:48

care of each other that way the transaction you're building is not one for one you do this for me and then I do

26:54

this for you it's I take care of you and you take care care of me and that's the

26:59

transaction does that make sense not one for one but the overall system that's what we're looking for another step that

27:06

that you've got to take and and I don't know how to sugar coat this so I'm not going to you've got to resist the call

27:12

of the familiar and go to the unfamiliar you have to be aware of the comfort zone

27:17

trap associated with avoidant men and actively seek out new experiences you are going to feel a little intimidated

Building Connection Through Honesty

27:24

and a little uncomfortable talking more openly on a date but to do when you do

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that you will attract secure men you will make them like you more and you'll develop a deeper connection with them

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over time that's long-term sustainable that it'll build slower but long-term

27:41

sustainable because you have built it carefully through honest open conversation it will usually drive away

27:47

the manipulative avoidant Men by the way and make sure that you're not connecting to them in the wrong ways resist the

27:53

familiar by pushing your comfort zone a bit and the last thing and I say this with care

27:59

patience and persistence understand that finding a secure partner might take a little bit of time okay most people are

28:05

running out they're looking for a partner and they get flash they get this big connection all of a sudden with somebody and then it feels really good

28:12

so they dive into it because it feels like they're best chance but taking some time and interviewing people a little

28:18

bit slower and connecting with them differently in the dating process this leads to longterm safety sustainability

28:25

connection predictability this really is what you're looking for it's crucial that you do this if you don't what's

28:32

going to happen is you're going to run for every flash every Big Flash that hits you're going to run toward it and that's where you're going to get hurt so

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that's why I'm going into depth here to help you understand the anxious and avoidant dynamic so that you can avoid

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the anxious and avoided Dynamic it is incredibly important that you'll be able to do that understand where you're at

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and where you've come from and then pursue something very different and make sure that you give it a little bit of

28:56

patience don't jump at the first thing now if you're feeling overwhelmed right now and and that can be normal because fixing anxious attachment style it can

29:03

feel intimidating okay keep in mind I've got a lot of resources to help you one is this channel I have hundreds of free

29:10

videos to help go back and watch some of them those will assist keep in mind I do have my Amazon bestseller slaying your

29:17

fear it's available on Amazon it's the book I wrote to help people fix their anxious attachment style it gives you

29:23

the five opening steps that you can follow to start overcoming it really fast if you're looking for direct

29:28

assistance to get through this really fast also remember that I offer direct coaching I have a coaching group the

29:35

attachment Circle where we do two group calls every single week to help you get through and not feel so alone and I am

29:42

starting to introduce a couple new coaches that are going to be working under me I do have a female coach rolling in very quickly if you're more

29:48

comfortable working with a woman I'm going to have some systems available so feel free to reach out my email is

29:53

support Adam Lan smith.com I want to make sure that you get the right right fit for you so even if you end up buying

30:00

a book or something like that go ahead and send me an email let me know what you're looking for and I will help you

30:05

find the right resource I am here to help everybody thank you so much for watching this video make sure you

30:10

subscribe like comment drop a comment below if some of these resonated with

30:16

you I'm not asking you to put your life story I know that can be kind of sensitive but let me know did some of this resonate for you the reason I'm

30:22

asking is because a lot of anxiously attached women feel like the only one on the planet and if you can hop into the

30:28

comment sections and see a lot of you Gathering there and supporting each other that would mean so much to the women out there who feel totally alone