

hi i'm attachment specialist adam lane

0:02

smith and today i want to talk to you

0:04

about the top three things you can do to

0:06

fix your insecurity as a male

0:09

i did a video not too long ago it's

0:10

about a 24 minute video it's on this

0:12

channel about how a modern world creates

0:15

insecure men and it's so true so many

0:18

men are walking around with invisible

0:19

wounds no one else can see and they're

0:21

not bad men they're not toxic men

0:24

they're not these predators out there

0:26

trying to hurt people they are insecure

0:28

they're insecure a lot of them are

0:30

lonely a lot of them don't have male

0:32

friends a lot of them want a girlfriend

0:33

but don't know how to attract a woman

0:35

and they are unfulfilled in life some of

0:38

them are independently wealthy

0:40

some of them have great jobs some of

0:42

them are brilliant

0:45

but these spaces are missing because

0:46

insecurities man insecurity is

0:48

everything if you if you've got

0:50

insecurity your whole world feels

0:51

unstable

0:53

your whole world feels unstable so

0:55

there's a couple things i want to talk

0:56

to you about there's three key pieces to

0:58

get there real quick i want to talk

1:00

about abraham maslow's hierarchy of

1:02

needs it's a pyramid it's five steps and

1:04

you have to fulfill them from the bottom

1:05

up everything builds on the one below

1:07

the level level one need is food water

1:11

shelter like basic basic animal needs

1:13

for today i will die if i don't have

1:15

this today

1:16

most of us have that and if you don't

1:18

that's homelessness and that's why

1:19

homelessness is so severe with mental

1:21

health number two is security and safety

1:25

that is believing that you are safe

1:27

you're secure you're stable everything

1:28

will be okay and you don't have to fear

1:31

for your life or your well-being the

1:33

third level is love and belonging this

1:35

is having a tribe a connectedness

1:37

feeling feeling useful feeling bonded

1:40

that's really crucial the next point is

1:43

self-esteem and resources and and

1:47

academic achievement and accomplishments

1:49

and goals feeling good about yourself

1:51

and the level five is actualization of

1:53

like the pinnacle of i am accomplishing

1:56

everything

1:57

attachment problems

1:59

attachment problems of of not being not

2:01

knowing how to give and receive love

2:02

with others feeling like you aren't

2:04

worthy of love like there's something

2:05

wrong with you deep down inside that

2:07

everyone else can see so you can't open

2:09

up and show it to people feeling like

2:10

you are worthless feeling like you don't

2:12

have what's valuable for people in

2:14

relationships so you can't offer

2:16

anything why would someone love me i

2:18

have nothing to offer

2:20

that kind of thing that that right there

2:22

it's not level three love and belonging

2:25

attachment problems come in at level two

2:27

they come in at level two safety and

2:29

security that's why the anxiety amps up

2:31

so hard that's why men who are insecure

2:34

are secretly anxious on the inside

2:36

it's safety and security because when

2:38

we're little we get attachment problems

2:40

our brain says if people don't love me i

2:42

could be abandoned and when we're little

2:44

that means i could die

2:45

so what welds

2:47

not being approved of in your brain to

2:50

being abandoned to dying it welds that

2:52

in your brain so when you're

2:53

experiencing that your fight or flight

2:55

kicks on because it says i could die

2:57

your level two needs aren't met so a lot

2:59

of guys they they start working on their

3:01

fitness they start working on their

3:03

finances they have they like on the

3:05

outside they seem to be this like all

3:07

put together person on the inside

3:09

they're dying because their level two

3:10

needs aren't met

3:12

they feel totally unsafe they feel

3:14

afraid they feel worried it's level two

3:16

it's not level three level three then is

3:18

learning how to enhance your

3:19

relationship so that you feel positive

3:21

and warm and caring it's adding good

3:24

things to you level two is just basic

3:26

security it's feeling like things will

3:27

always be taken away from you

3:30

level two needs that's why so many men

3:32

are insecure you fix this in a couple

3:34

ways you fix it by becoming safe and

3:37

secure that's really what it is three

3:40

key ways to do that number one a man has

3:42

to believe he can impact his environment

3:45

and himself he has to believe he has

3:46

some kind of control men feel helpless

3:49

that's often why they become depressed

3:52

this is key this is key and the number

3:54

one step i tell men is take control

3:56

number one of your body start working

3:58



out start a fitness routine i am not

4:00

telling you getting to get a like 12

4:02

pack of abs that like go from your neck

4:04

down to your your feet no you don't have

4:06

to do that start working out and do it

4:09

consistently a little bit every day even

4:10

if that means you just buy a 10-pound

4:12

dumbbell and you start pumping it at

4:13

your desk while you're working while

4:15

you're doing your your stocks or your

4:17

crypto or whatever you're doing start

4:18

working out start working out just a

4:20

little bit do push-ups every day do 50

4:22

push-ups a day for the next month and

4:24

you will start feeling your shoulders

4:26

beef up you'll start feeling a little

4:28

bit different what you're doing is

4:29

you're showing your brain number one

4:31

i can control how i feel

4:33

by doing things and i can make myself do

4:35

things even when i don't want to i

4:37

control my life not my feelings

4:39

number two doing a workout routine

4:41

actually decreases some of that

4:42

emotional agitation on the emotional

4:44

right side brain and it restores logical

4:46

functioning so you'll start making

4:47

better decisions the more workout you do

4:49

once you hit not just the initial

4:51

workout and then sweating but the

4:52

endurance phase when you hit endurance

4:54

it starts draining the emotional brain

4:56

at that point because the brain says

4:57

whoa something's going on with my brain

4:59

and my body i need to lower my emotions

5:01

so i can focus and spatially reason

5:03

because i might be fighting or i might

5:04

be trying to survive something serious

5:06

it strains the emotional brain fills up

5:09

the logical brain you become calmer and

5:11

more neutral this is why guys that work

5:12

out they say wow this is like therapy

5:14

the outcome is if you do it consistently

5:17

like every day or most days especially

5:19

in your endurance phase that will really

5:21

help and that restores that feeling of

5:22

having some security plus you're gonna

5:24

be you're gonna get buff and be jacked

5:26

and you're gonna feel a little

5:27

physically safer anyway and then you'll

5:29

start looking a little better and people

5:31

say wow you're looking good you're doing

5:32

what are you doing i'm just doing 50

5:34

push-ups a day i'm doing 100 push-ups a

5:36

day

5:38

then you can start having something cool

5:39

that you can talk about that is the

5:41

first piece because that teaches you

5:42

that you can make changes that teaches

5:44

you you can make changes then number two

5:48

this comes in two pieces

5:50

number two step one

5:52

go back and watch my what is attachment

5:54

video read my book slaying your fear

5:55

it's five bucks on amazon

5:57

i'm about to put a really cool nice

5:59

cover on it but right now it's a dude

6:00

killing a demon with a sword it's gonna

6:02

be the next one's gonna be even cooler

6:04

so i try to gear that a lot for men that

6:07

audience right there so slaying your

6:08

fear on amazon adam lane smith it's a

6:10

hundred pages i wrote it for people who

6:12

hate reading

6:13

read that book that will pound through

6:15

that initial insecurity and what it will

6:17

do really is teach you that there is a

6:19

better way to live once you've

6:21

established that you can make changes in

6:23

your life

6:24

and and you have some power you gain

6:26

what's called an internal locus of

6:27

control

6:29

then you see that there's a better way

6:30

to live your life and now you can yeah

6:32

you can start to believe you can make it

6:33

work the number step two number step two

6:37

part two

6:38

find some male friends find a male

6:41

friend not female friend because a lot

6:43

of insecure guys have female friends

6:45

or they have somewhat male acquaintances

6:47

but they're not deep companions they can

6:49

open up to as much not fully go back on

6:52

my channel here i've got adam lane smith

6:54

how to make friends as an adult i've got

6:56

a whole guide on it oh god i break it

6:59

down to make it very simple there's a

7:01

whole pathway to it most people don't

7:02

know how to do it especially insecure

7:04

people go back and watch that video how

7:06

to make friends here on my channel

7:08

that will guide you through making some

7:09

friends but you need male friends

7:11

because a lot of insecure guys are

7:12

insecure around men i have a video on

7:14

that the problem with insecure men

7:16

they're afraid of connecting with other

7:17

men

7:18

it's because other men are more

7:20

dangerous than more than women because

7:21

women are nurturing they won't challenge

7:23

you as much on it they're gentler

7:25

typically they uh they will treat you

7:27

with kid gloves

7:28

men don't as much

7:30



but you need that you need that rougher

7:32

bond and you need that acceptance with

7:34

other men because that forms also level

7:37

two security men feel secure yes when

7:40

they have women nurturing them but men

7:42

don't want to feel like children forever

7:43

they want to feel secure and that comes

7:45

safety in numbers the tribe the

7:47

acceptance once you build the attachment

7:49

you start to feel connected with people

7:51

and then you feel like someone has your

7:53

back and someone accepts you that starts

7:55

filling in number two also fills in

7:57

number two also so finally find a good

7:59

male friend or if you have one open up

8:01

to them a little bit more and talk about

8:03

building that relationship more read the

8:04

book slaying your fear it's 100 pages

8:06

you can knock it out most people can

8:07

knock out pretty fast the uh the

8:09

audiobook is like two hours and 45

8:10

minutes it's really short pound through

8:12

that

8:13

knock that out you can even watch my

8:15

video on this channel what is attachment

8:17

adam lane smith what is attachment watch

8:18

it with a buddy and say hey man this is

8:20

me do you have any of this or is it just

8:22

me and if it's just me

8:23

here's what i want to do about it

8:24

because i want i like you as a friend i

8:26

want our friendship to be solid

8:28

here's what i want us to do

8:31

if someone told you that you'd love that

8:33

right

8:34

do that for other people

8:37

build that one friendship

8:38

number three

8:40

once you have done that once you've

8:41

started working out you've gained the

8:43

knowledge that you can do something that

8:45

you have some power number two you've

8:47

made a good male friend and you've built

8:49

that you've received some acceptance for

8:50

that number three expand your network

8:53

take the attachment pieces and start

8:55

expanding out to at least three healthy

8:56

people if it's three men cool that's

8:59

awesome three male friends if it's you

9:01

bet your male friend and your sister and

9:04

dad or you know whoever that might be

9:07

build that network out of people who

9:08

love and accept you and then expand your

9:10

network from there of people that you

9:12

are open with at least

9:14

that you're connected to that you know

9:16

start talking to people shaking hands

9:18

this also will fill in that safety in

9:19

numbers but in a new way it's not just

9:21

being accepted it's safety in numbers

9:23

with i have a tribe

9:25

because i imagine ten thousand years ago

9:28

your village gets wiped out and it's

9:29

just you and some dude you guys are like

9:31

we're gonna die but if it's you and ten

9:33

dudes you're like okay now we're a

9:35

fighting force if it's you and a bunch

9:37

of people you're like okay our house is

9:38

burned down but we are a big thriving

9:41

tribe we will work together the pressure

9:43

on you goes down as the people you

9:45

connect with

9:47

improves you have more resources to use

9:49

and you're safe in numbers

9:51

start working out and develop what you

9:53

can control develop that belief

9:56

build a strong male friendship

9:59

and build your network expand your

10:00

network those three pieces will satisfy

10:02

that second level that second level of

10:04

maslow's hierarchy of needs

10:07

second level of safety and security you

10:08

will feel safe and secure then you can

10:10

go up to level three now i feel safe and

10:13

secure i want to have love and belonging

10:14

even more it becomes a self-fulfilling

10:16

cycle you start chasing the good warmth

10:18

and love with those people and giving it

10:20

to them and receiving it then your

10:22

self-esteem on a number level four can

10:24

go up then you can start saying i'm

10:25

going to focus on me i'm going to take

10:26

some good risks i'm going to be

10:28

vulnerable i'm going to take this i'm

10:30

going to shoot my shot because i won't

10:31

die if i don't shoot my i won't die if i

10:33

miss i will be okay my tribe will have

10:35

my back and then you hit level five of

10:37

totally actualized and people say wow

10:40

you're an inspiration how did you were

10:42

you born this great this is awesome were

10:44

you born this great this wonderful well

10:46

no i used to be horribly insecure you

10:49

yeah here's how it got fixed

10:51

level two of the needs one two three

10:53

steps

10:55

this is the pathway for insecure men to

10:57

become secure

10:58

strong healthy happy bust through

11:01

depression bust through anxiety this is

11:03

how you do it right here

11:05

if you do this this will start improving

11:07

your life right here and i've got all

11:09

these guides on my channel tons of other

11:11

steps once you hit those three tons of

11:13

other steps to boost attachment i've got

11:15



my attachment community if you're

11:17

looking for healthy people and you want

11:18

to connect with good male friends i've

11:20

got good male friends in there waiting

11:22

i'm in there i'm just one more person my

11:24

attachment community the attachment

11:25

circle it's in the description of this

11:27

video

11:28

if this sounds way too much and you need

11:30

targeted help i've got coaching for

11:32

one-on-one for this i have every

11:34

resource you need start start with

11:36

watching these videos if that grabs you

11:39

five dollars for my slaying your fear

11:40

book on amazon or the audiobook

11:43

those will take those will help you take

11:45

the next steps and then from there

11:47

from there your whole world opens up

11:49

because the insecurity is gone now

11:51

you're not afraid anymore you'll start

11:52

looking forward to life

11:54

totally different game i can't wait

11:57

i can't wait to see what you do with it

11:59

leave me a comment like and subscribe on

12:01

the channel but leave me a comment if

12:02

this hits home for you if you've done

12:04

some of these steps and it's worked

12:05

leave me a comment let me know i'd love

12:07

to hear from men who are doing this

12:08

because

12:09

men who have this trouble they are near

12:11

and dear to my heart i had this when i

12:13

was younger i've improved my attachment

12:15

that's what led me to become a good

12:16

therapist and then led me to become an

12:17

attachment specialist i went through

12:19

this journey myself you are not alone

12:21

you can 100 do this

12:23

so

12:24

thanks so much for watching