

hey guys Adam Lane Smith the attachment specialist here again to talk to you I have something special for you today let

0:06

me ask you some hard questions to see if you are ready for the best relationships of your life because a lot of people are

0:13

not and they're just rushing into relationships before they're ready so here's some questions number one do you

0:20

think that some people just naturally have it all together in their relationships that they've magically

0:27

stumbled upon some secret to emotional stability and it just happens for them or do you sometimes wonder why some

0:34

people seem so grounded While others maybe including yourself I don't know

0:40

struggle with forming lasting bonds or heck even having a normal calm

0:46

reasonable conversation with somebody that you are very attracted to if this is you if this is resonating do not

0:53

worry these issues are much more common than you might think and I'm going to explain why I am Adam Lane Smith the ATT

0:59

attachment specialist with 15 years of training and experience doing this shout out to all of my members who support

1:05

this channel thank you so much I appreciate you and all of the new people who are just coming on board today this

1:11

is a great episode for you to step into I'm looking forward to explaining what it is that you need to do to build

Defining Secure Attachment

1:17

incredible relationships because there's something that a lot of people are missing and I'm going to make that real clear here today now if you've checked

1:23

out my channel lately you know that I've got about 475 videos here that is not just me 475 times talking about

1:30

attachment over and over and over there are many different pieces that all fit

1:36

together that when you take them as a whole Build You Secure attachment they

1:41

show you what you are supposed to be doing they show you how to live a better life in your relationships with others

1:47

and with yourself so every single video is meant to click in at different places

1:53

and give you a different skill or a different mindset now a lot of you guys in the comment sections in DMS and

1:59

emails on every platform have been telling me that you have no working model for what secure attachment is for

2:07

how a securely attached relationship is supposed to work and fit together this is a problem because if you don't have

2:15

an image to aim for you have no target you're just fumbling around in the dark

2:20

this video I am going to show you what secure attachment looks like I get these

2:25

emails all the time and this is my answer to help you visualize it now when you don't have that working model for

2:32

for secure attachment again you're going to be confused you might feel hopeless

2:37

it might feel like the questions that we open this video with that it just has to happen for you or it doesn't and if it

2:44

hasn't happened yet you might be saying it's never going to happen if we can give you this target to aim for and we

2:50

are you'll know exactly what to build and how to build it all these pieces will click together so today we're

2:56

diving deep into the world of secure attachment something that most people can't imagine that's why they think it's

3:02

impossible for them to ever possess it or build it so here's a hard truth about 97% of the people I communicate with on

3:09

a daily basis on a yearly basis completely misunderstand what attachment

3:15

means and specifically what secure attachment actually looks like so today

3:20

I'm going to debunk the misconceptions and unravel the truth I'm going to show you what secure attachment might seem

3:26

like but what it actually is a cultivated skill in this video I'm going to

3:32

finally answer once and for all what secure attachment looks like so that you can see it for yourself because once you

3:39

see it you can fully achieve it all right let's get into this let's explore secure attachment together so before we

3:46

debunk the myths about secure attachment we need to understand really quick what attachment is for all the new people

3:52

coming in and maybe you guys need a refresher the biggest thing I want you to understand right now if you've taken

3:58

an online attachment quiz you've got your style you've been thinking about attachment you've been studying attachment on the various social media

4:04

platforms the number one misconception that we need to kill right now so that you can actually get better is that

4:10

attachment is fixed you just get it and you have it forever that is a lie

4:15

attachment is a cultivated skill a learned skill like music or art it could

4:22

be confusing and hard to understand at first if you didn't get it and develop it as a child but once you do get it you

4:30

can be good at it anybody out there who has ever stuck with a skill and got

4:35

better at it that's how attachment works I'm going to show you today exactly how to build that so attachment as we've

4:42

hinted at here is the way you connect as a child to your caregivers and learn

4:47

skills to connect with them and get your needs met to give and receive love to

4:53

get Comfort to get food to get a hug to get attention to get your favorite

4:59

cartoon whatever it was as a child that you needed the way you had to go about

5:05

getting it is how you now get it as an adult if you as a child were constantly

5:11

shoved aside and told that you weren't worth their time verbally or just innately because they they sighed and

5:18

groaned and and didn't have time for you if they were absent all the time if you got hurt you got neglected you might

5:24

blame yourself on the inside and say I don't deserve love that's why they treated me that way if people were wild

5:31

and chaotic and a mess you may have said I can't trust anybody else for my needs I got to protect myself because these

5:37

people are crazy either way you learned that you

The Relationship Space Framework

5:42

can't go to other people for your needs that's insecure attachment I can't trust

5:48

others or myself either way sometimes both I have to get everything done

5:54

myself and that scares me because now I'm alone in this world that's insecurity attachment it's an emotional

6:01

bond that connects individuals because you're still looking to connect it determines how we relate to others

6:06

throughout our whole life and how we get our needs met or don't know secure attachment forms when

6:14

your parents show you that you deserve love they care for you they don't sigh and groan if they have a bad day they

6:20

explain it if they have make a mistake they're not perfect they make a mistake but they put it in context they might even apologize to you for being grumpy

6:28

they care for you and show you how to get your needs met with them cooperatively they're loving parents

6:35

fully loving parents who take the time to make you feel valued that it's okay

6:41

to have needs that's how secure attachment begins to form now through consistent

6:47

care responsiveness and positive experiences in those early years you

6:53

cultivate skills it's a skill set and a mindset that I can work with other

6:59

people to meet my needs and meet their needs and reciprocate and take care of

7:04

each other so that we form a circle of care for each other this is why my private Community is called the

7:09

attachment Circle because it's forming a circle of caring for each other that's what you form with people I'm going to

7:15

have a better metaphor here in a minute so stick with me but it doesn't form secure attachment doesn't form if your

7:22

parents don't guide you in this there is no middle ground there is no neutral

7:28

attachment you got you have secure attachment or you have insecure attachment in a variety of Brokenness

7:35

based on how you interpreted the bad signals but it's one of the other now this should be encouraging most people

7:41

get discouraged at this point because they think I didn't get that I'm screwed no it was a skill that you

7:48

learned you can learn different skills it's just going to take teaching and guidance and experience and you can

7:55

build secure attachment for yourself this is why I get frust frustrated when people come in and say Adam I I have an

8:02

anxious attachment style I don't think I'm ever going to get better man people with secure attachments were just born

8:08

lucky well yes they had good parents that's that's wonderful that is a

8:14

wonderful thing to have those people were very fortunate that they had loving parents that is true but that is not the

8:21

only Pathway to secure attachment I get people all the time who email me saying that they feel doomed

8:28

because they will never get better cuz they were born into the wrong family now they're just screwed they'll

8:35

never find love they'll never find hope they'll never make a connection these guys are like 20 by the way like 20 22

8:43

giving up on life this is why I get so angry at online attachment quizzes really quick so I recommend you be

8:49

careful about taking online attachment quizzes if you need figure help figuring out your attachment Styles I've got

8:55

videos on this channel I also have my free attachment Styles guide should should be linked in my link tree up

9:00

above or it should be linked in the about section for me you'll find it in there if you can't send me a comment or

9:06

send me an email I'll get you that guide I don't trust quizzes because they give you bad information a lot of them so

9:13

reality check one more time if you didn't get it by now you need to hear this if you've heard nothing else this

9:19

is it secure attachment is a product of consistent effort understanding and

9:26

nurturing this is lifelong even as an adult and it can be fixed as an adult

9:32

too all right now that you've got that and I need you to have that if you didn't go back watch that section five

9:39

more times but you need to know it's a skill that you can cultivate now that you know that let's look at what secure

9:46

attachment actually feels like using a whole new framework that I've never really shared here before I call it the

9:53

relationship space test okay here's why past models that I have used explain

9:59

attachment as the connection between you and the other person but the the the space between you the the relationship

10:06

itself is a third party entity when I first started out I was working on a Model that maybe it was like a creature

10:12

you take care of maybe it's a dog right you keep the dog alive you feed the dog you nurture the dog the dog is both of

10:20

yours and you care for the dog that's the relationship not a great metaphor but it was where I started years back

10:26

another piece I've talked about is running your relationship like a business that your marriage is a business closer much closer and I really

10:34

like the book from Tanis George the co-founder's handbook where she talks about how the co-founder relationship is

10:40

like a marriage and it's a third party entity I took that and I went the other direction your relationship your marriage is almost like co-founding a

10:46

business together so shout out to danis good book this model though this clicked for me when somebody

10:53

said someone told me this Adam I feel so much better in my relationship sh I feel

10:59

so loved and so connected with my wife when I come when I talk to her I feel

11:06

like I'm at home and I said tell me more about that feeling tell me a little bit more and he

11:12

said you know when you go home you don't have to ask permission for what you're going to do you don't have to guess what

11:20

other people want from you you take your shoes off you put them where they're supposed to go take your keys in your

Building Clear Guidelines and Expectations

11:26

wallet and you slap them down on the counter and you breathe because you're somewhere

11:34

calm and you know nobody is coming for you you know that

11:39

feeling that's when it clicked for me a relationship every

11:44

relationship should feel like that to some extent now have you ever

11:51

lived alone any of you have you ever lived alone if you if you are if have you you understand what I mean you come

11:56

home it's yours you do do whatever you want you can put your shoes on the counter you can throw your keys in the

12:02

refrigerator anything you want it's yours if you haven't lived alone before

12:08

your room your private space how do you take care of your private

12:13

space that's how it should feel in a relationship that you're sharing a space with somebody fully comfortable while

12:19

retaining that feeling so you walk in put your wallet down your keys for the

12:25

ladies watching your your purse you throw that down my wife likes to just toss hers wherever she can cuz she's

12:30

getting to the kids really quick it happens uh this this is coming home every relationship that you have is

12:38

a space that you both co-own together full ownership by the way you don't own

12:44

half they own half that you don't they don't own 90 you own 10 you're not a guest in their home every relationship

12:51

you're in you fully co-own that space together now ownership together is this

12:57

is in practice in in in practice you own the home together you can come into your

13:03

relationships and act however you want you can come into them put your keys on the counter put your shoes on the

13:09

counter do whatever you want it's yours you also have consideration for

13:15

the other person not because you're subordinate to them but because it's a shared space and you respect each other

13:22

mutually okay this is where people deviate secure attachment they feel this

13:28

Co ownership in every relationship space they have 10 Apartments 20 apartments

13:35

that they share with other people mentally 20 different spaces 10 spaces all their friends all their family every

13:41

relationship is a different apartment that they co-own and can enjoy themselves in okay but a lot of people with

13:48

attachment issues anxious attachment I am the problem no one will love me you will perpetually feel like a guest in

13:56

somebody else's home you'll feel like you are always on the edge of being kicked

14:02

out you will feel like you have to constantly earn your keep so you will follow the other co-owner around

14:09

everywhere begging them to give you tasks to show them how much you want to

14:15

live there and to be worthy of staying that is exhausting for you and it's exhausting for

14:23

them which is why secure people don't want to be in a relationship with anxiously attached people they don't

14:29

want a servant who follows them around obsessively they want to share a comfortable co-owned space with

14:36

you avoidant people they come into the space and they

14:41

feel like their personal space won't be respected they feel like other people

14:46

are every human being is a terrible roommate and their only option is to go from one nightmare roommate to the next

14:54

nightmare roommate right they are constantly cleaning up after to you they are

14:59

constantly locking their door so you can't go in there and mess with their stuff and they constantly Retreat to their own room to get away from you cuz

15:06

they just can't stand the breaking of rules that they haven't actually shared or they're afraid they're breaking a

15:11

rule and that they're going to make you mad avoidant people assume everyone else is a terrible owner and a terrible

15:17

co-owner who will always turn against them at some point now disorganized attachment the blend of the two they

15:24

believe they going to be robbed of their home that you're going to pull a gun on them or or do something crazy to them or

15:29

hurt them in the home or sell the home out for money make them homeless so if given you the chance they they believe

15:35

you will betray them they'd rather burn the home down and leap out the window because they think you have something

15:41

worse planned so they are constantly walking around afraid of what you're going to do next to them and sometimes

15:48

doing crap to you instead to manage you now none of this none of this is what

15:53

you should be doing in a relationship secure attachment instead says we both B own the space we should

16:01

be mutually comfortable here both of us should be comfortable that's this belief

16:06

you guys we should both be comfortable in this space it's both people coming together saying how can we take care of

16:12

each other and both be mutually comfortable that's secure attachment so let me ask you this what

16:19

if you lived with a roommate who had awful behaviors you guys reality check

16:24

here what if you lived with somebody who was an anxious person constantly following you around believing that they

16:30

were your slave and had to earn through servitude the right to live in the home

16:35

that they have owned with you or fully owned with you how would you

16:41

feel awkward uncomfortable it would be weird eventually you would get tired of

16:47

acting like the host and say go over there this is your house leave me alone

16:53

you might become avoidant start going in your room and locking the door to get away from them then they think something

16:58

wrong so they're clawing at the door asking why you hate them uncomfortable what if you lived with

17:04

someone who was avoidant constantly acting like you were waiting to intrude

17:10

on them constantly treating you like you were breaking rules passive aggressive at you constantly cleaning up after you

17:18

with glaring at you from the corner of their eye what if then they refuse to be in the common areas with you at all

17:23

would not eat dinner with you would not spend time with you constantly in their room to get away from you all you could

17:28

do is speak to them through their door uncomfortable you think that they

17:34

hate you disorganize people what if you were in a home where the other person was

17:40

constantly afraid that you were going to pull a knife on them they're going around telling everybody else that you're crazy they every time you said

17:46

hey what are we going to do about this they I'd freak out that's not my fault that's your fault and blow up at you for

Applying the Apartment Analogy to Relationships

17:51

every little thing really uncomfortable you would leave okay secure people

17:59

leave people ask me all the time why do the two pools of people secure attachment and insecure attachment why

18:05

do they segregate out it's because secure people will not put up with this

18:11

Behavior secure people share clear guidelines about the home and rules and

18:17

then they can relax while making sure that you feel comfortable in the shared space too it's about walking in and

18:24

saying hey I think we should put the table over there in our new apartment what do you think no I think over there

18:30

by the window might be better oh you're you're probably right let's give it a shot if we don't like it can we try that out in the next week yeah let's do that

18:38

great it's a person walking in kicking off their shoes and they walk past and the other person says hey uh I don't

18:44

want to trip over those can we get a shoe rack over here is that a good idea yeah it's a great idea

18:49

cool that's how secure people share a space now this metaphor maps onto the

18:54

relationship I'll show you how because you need to feel comfort able and in ownership of your rights and

19:01

responsibilities in relationship spaces while also understanding that others have the responsibility to be a good

19:08

roommate and the rights to share that space as well you need to do both and

19:14

not pull away into your room where you're alone all the time and you refuse to speak to them so they think you hate them I see you out there avoidant people

19:20

I know that you think you're being nice the message you're sending is that you hate your roommates all of them and

19:26

never want to be around them that's what you're ACD L saying to them that's the problem with avoiding attachment that's why people will also avoid you now guys

19:34

I hinted at it before but here we go the thing that helps you feel most comfortable in an apartment roommate

19:39

cabin home whatever situation is clear rules and guidelines for expectations

19:46

and behaviors in the home so that you never have to wonder how something's going to go what a conflict might pop up

19:54

how to resolve an issue how to ask for something you can just relax completely

20:00

you're not going to kick your shoes off put them in the corner and the other person's going to hit you in the head with a frying pan say get those shoes out of there put them over there they're

20:06

GNA say hey uh heads up I tripped over your shoes last night could you just make sure that you put them off to the side for me from now on otherwise I'm

20:12

I'm going to get I'm G to trip over them again and I don't want to smack my face on the floor yeah hey sorry about that no problem cool thank you you move on

20:19

with your lives you need to know that that's possible that's a responsible roommate

20:26

responsible roommates aren't perfect you have an ongoing dialogue about changing expectations and needs while both

20:32

respecting that the other person is equal with you so what rules help in apartments to co-own that situation

20:41

we're going to go through this number one clear guidelines where do I leave my shoes

20:46

where do I leave my shoes this is akin to hey how should we

20:52

communicate you're in a relationship let's say you're in a dating relationship let's say you're two or three dates in sending it text hey you

20:59

know what I don't text that often and I'm not likely one of those people that sends good mornings and good nights but

21:04

I am happy to converse with you could you tell me you know what how many times a day is too much what's comfortable for

21:10

you what's comfortable for you that's an even better way to say it what's comfortable for you in a relationship

21:16

here's where I'm at and here's what's comfortable for me okay

21:21

clear go resolution guidelines about solving problems hey we if there's an

21:26

issue that comes up should we solve should we talk about it right away do you want to hold it for 10 years what do

21:31

you want to do I think we should resolve issues really quick you set that expectation right up front the relationship space hey you know what I'm

21:37

not one of those people that likes to hold on to grudges or wait or try to guess what things are happening if you ever have an issue with me please tell

21:44

me immediately so that we can solve it great guideline to throw up in front

21:50

clear communal spaces and private spaces hey what space is mine what's your

21:55

what's ours when can I be alone this is really important for avoidant people especially hey if you ever need space

22:02

just tell me you need space don't play games don't pull away don't get passive aggressive don't get mean don't get

22:07

scared just say hey you know what I need a couple hours of myself cool see you in three

22:14

hours tell me this is what calms down avoidant people right here by the way is telling them they can take that space

22:20

and then when they try it you prove it avoidant people forgive me for this but I like an

22:27

avoidant people to living with a scared cat who has its own sheltered little room and it just barely creeps out of

22:34

the door and looks down the hallway at you and it might sneak down the hallway and look into the shared space and look

22:40

around and then freak out and run back to its room that's a lot of an avoidant person's Behavior right there getting

22:46

them comfortable coming out and saying hey you can go to your room whenever you want no one's going to grab you no one's going to hold you against your will but

22:52

we would love to share time with you what would make you comfortable here in this shared space you can literally say

22:58

it that way you guys to your avoidant friends or family members you could say what is going to make you comfortable

23:04

being out here and being comfortable how can we help you clear sharing of needs when you have when you need help hey how

23:10

do I ask for help hey if the trash is overflowing and I don't have time to take it out is it okay if I ask you like

23:15

hey man could you grab the trash for me I I got to run to class can I just ask you that is that

23:21

cool yeah in this case clear sharing of needs if I need physical intimacy a lot

23:28

of couples don't have physical intimacy because they don't ask for it if I need a hug can I just ask if I need help with

23:34

something can I just ask if I'm struggling can I share about my day with you or is that a burden remember a lot

23:40

of you guys grew up in households where sharing about your day would be considered a burden so now you go around in the world acting like it's going to

23:47

be a burden you don't know if the other person thinks is a burden or not without asking clear expectations in the

23:55

household clear relationship expectations hey what sort of roommates are we going to be do you guys have any idea how many

24:02

women contact me who are in situationships for three to five years and say I'm wondering when's a good time

24:08

to talk to them about putting a label on it uh day one day one talk about the label you're

24:15

looking for and three four five day 10 talk about putting a label on

24:21

it same thing with roommates you move in you don't make eye contact you don't ever mention who's paying what who's

24:28

doing what you're all guessing you're trying to figure out you won't communicate you have no communication about the shared space so one guy puts

24:34

in a lawn chair another guy puts in a sofa with a pull out bed that's always pulled out another guy puts a TV on that

24:41

wall but the other guy doesn't want to do it on that wall so he puts a second TV on that wall what kind of roommates are we going

24:47

to be what kind of relationship are we having this goes for friendship too have

24:53

you ever asked somebody hey I really like you I consider you a friend is that cool secure people can do that insecure

25:01

people think that they will die clarify your relationships

25:07

so I recommend you take at least at least one of these questions maybe two

25:14

or however many that you need and bring them into your best relationship here in the future take the take questions in

25:20

the best relationship you have where you feel the most comfortable where the other person is the most reasonable go into that relationship talk to the

25:27

person and ask them some of these questions clarify these parts of the relationship to make expectations and

25:33

rules 100% explicit so that when you walk into your relationship house your

25:39

apartment your cabin whatever Palace whatever you want to call it when you open the door and walk into that

25:44

relationship space you meet that person you talk with that person you step into that space every time you interact with

25:50

them you are stepping into that space you can fully relax and so can

25:56

they really focus guys on this apartment analogy really focus on this metaphor

The Impact on Dating, Friendships, and Parenting

26:03

here when you connect to a person you whip open your phone you send a text message that's stepping into your

26:09

relationship space you feel comfortable in that home and so do they when you have a

26:14

conversation when you're face to face when you're going out to dinner whatever it is you are stepping into that

26:19

relationship space and you have potentially dozens of relationship spaces running at any

26:26

time you should feel at home as much as possible in all of them clear rules clear guidelines good

26:35

things too hey when do we spend time together as roommates Friday nights is

26:40

pizza an action flick night let's watch John Wick and have pizza every Friday night great for friends great for

26:46

roommates great for partners whatever you want to do build that in make it clear what's expected and needed if you

26:54

don't know something you need to ask otherwise it would destroy your roommate relationship eventually and it will

27:01

destroy your relationship together so this video right this is about building secure attachment it's about helping you

27:07

understand secure attachment I'm hoping you're getting a picture that it's coming home it's feeling like you can

27:13

take your shoes off drop your keys your purse your wallet everything on the table get unloaded and then sit down on

27:19

a sofa and relax and have somebody there to talk with you where there's no pressure you're fully at home and you

27:25

both co-own the space that secure attachment let's talk a little bit about deeper about what that really looks like

27:32

here's what secure attachment brings to the table number one when you have this kind of secure attachment dating success

27:39

is so much easier navigating the dating world is so much easier when you have confidence you step into the

27:44

relationship space and say look we both co-own this space but it's empty let's talk about it what do you want in this

27:52

space meaning do you want a committed relationship are you looking for a single thing a fling are you looking for

27:58

a casual are you looking for what are you looking for in this dating relationship how do you like to talk how

28:04

do you like to spend time together how often do you want to spend time together what do you like as a roommate talk to me about that you're getting to know

28:11

each other dating success is so much easier when you can just ask those questions up

28:17

front friendships are so much more positive when you have this then the bonds they're enriching and they're

28:23

longlasting because you don't have problems that pop up and you you don't know how to solve them so you guess and

28:29

then screw it up you say hey there's a problem over here it's popped up two days ago we need to cover this thing

28:35

before it hurts us cool let's do it let's tackle it we co-own this space together ownership we co-own the space

28:41

together let's handle it that's the nice thing about co-ownership go back to Joo willink and extreme ownership when you

28:47

both own the space you're both equally responsible for fixing the space instead

28:52

of I don't know this is a u problem you handle it it's on your side of the apartment with the white line that we've drawn on that's yours over there you fix

28:59

it guys when you have secure attachment that's actually what leads to romantic longevity Partnerships that last and not

29:07

just survive you guys but they Thrive because it's clear what's happening and what's needed and what's

29:14

wanted the whole relationship is so much clearer so it can actually survive and

29:19

thrive your professional work gets better imagine in your professional

29:24

setting being able to walk in and co-own space with people doesn't mean you walk in put your feet up on your boss's desk

29:30

but you walk in knowing that you have a shared relationship that you both can talk and take care of each other in this

29:36

also changes parenting completely you can create nurturing environments where the kids co-own the

29:43

relationship space with you now their responsibilities start off low right you don't have a one-year-old and say you're

29:49

not meeting my emotional needs but as they grow you work with them and you you

29:55

Apprentice them and you guide them and is saying here's how to be a great roommate with me so that you can be a

30:01

great roommate everywhere and you can get wonderful relationships as you go on

30:07

you train them in the relationship they have with you you train them as they live with you you're literally training

30:12

them as they live with you so do that in the relationship space as well personal growth guys it's not even just you and

30:18

other people if you believe if you earnestly believe that

30:23

you don't deserve a home and that people can kick you out at any time if you believe no one will ever

30:30

really care for you in an apartment that you have to fight for every square inch of space if you believe you are always in

Personal Growth and Secure Attachment

30:37

in trouble for being betrayed and thrown out and robbed you can't grow not

30:44

really when you fix that and you feel

30:49

secure when you have a calm home to come home to when your relationship space

30:55

with yourself you have an inner space your inner apartment where just you live that's the other piece of this you guys

31:01

may not have realized that you have this inner apartment where you live that's where your personal growth happens if

31:09

you don't even feel welcome there you got to fix that secure attachment fixes that

31:15

too generally speaking guys this model and secure attachment gives you deeper connections

31:22

everywhere relationships that can stand the test of time so this is how I'd like

31:28

you to view relationships from now on the relationship space framework ask yourself this in

31:34

relationships if you don't feel comfortable you walk into a relationship with somebody you pick up your phone

31:40

what are they thinking of me they sent me a text and the punctuation is confusing and ambiguous right you're on

31:45

a date with somebody you're out with a friend you're sitting at at home with a friend at their home their apartment

31:51

their apartment actual apartment physical one you're going out to lunch with your dad okay and you don't feel

31:57

comfortable or it doesn't feel right stop and ask yourself if we were roommates if this was a physical

32:04

apartment what would make me feel at home how would I feel more at home with this

32:10

person what would make this person feel more at home with me ask them that if it works for good

32:19

roommates it should work in your relationship apartment space or your cabin or your house or your Palace

32:25

whatever you want drop me in the comments and tell me what kind of relationship space you're going to design

32:31

but if it works for roommates it will work here because you both need to feel at home or the relationship splits apart

32:38

the apartment will break up shared space share your

32:44

space and make everybody comfortable in that space start asking those questions

32:50

if you're if you're in a romantic relationship right now and you're worried all the time about what they're thinking what would make you feel at

32:58

home probably knowing what they think which means you got to ask hey I get I

33:04

overthink all the time and I want to feel at home with you this is a really powerful piece because you can tell

Relationship Space Model for Mutual Comfort

33:09

people this I want to feel at home with you but I overthink all the time and I try to guess what you're thinking and

33:15

and it goes pretty bad so if I'm ever doing that can I ask you what your thoughts are on something and get

33:21

clarity so I can calm down someone who cares about you will say yeah they'd rather you do that then

33:27

follow them around every single minute of every single day begging for approval

33:32

right quick question or six months of clawing at their door which do you think

33:38

they'll prefer quick question guys follow this model and you can build

33:44

secure attachment so this finally this is what secure attachment

33:50

looks like you guys have been asking and now through the relationship space framework I hope that it is clear I hope

33:58

this metaphor has made it very clear for you if not that's okay we're one step

34:03

closer and I'm still here to clarify further if you need more drop a comment below ask for more details we can figure

34:10

out how to help you wrap your head around secure attachment because that's a big step is understanding what you're

34:15

aiming for then it's just moving in that direction definitely keep in mind first that secure attachment is not a natural

34:22

default for everybody it doesn't just magically fall into place it has to be built either as a child or as an

34:30

adult and when you understand the true nature of secure attachment and the effort that it requires you will realize

34:36

the stability and deep connection that it offers are worth every ounce of effort in building it so after you

Nurturing and Protecting Secure Attachment

34:43

understand that use this relationship space model to build mutual comfort together because when you both take

34:50

ownership and you feel fully at home your relationship becomes secure and dependable you can use this model to

34:57

guide you in clarifying those relationship moments over and over and over whenever you need to connect in a

35:03

new situation hey I brought home this super tall fake plant where should we

35:08

put it I hate super tall fake plants could you put that over there in your room so I don't have to look at it sure

35:14

that's all right hey I'm thinking of making this life change and it could impact our relationship what are your

35:21

thoughts on this well I hate fake plants but can we talk about how that would work out

35:27

just keep that away from me because I'm not into that okay same thing okay but keep in mind

35:34

guys in your relationships you have the power no matter what your past is you

35:42

have the power to nurture and build and protect this new secure form of

35:47

attachment because the rewards are a life marked by stability enriched relationships and profound inner peace a

35:55

secure attachment M leads to a secure life so for those who resonate with this

36:01

journey and you're Keen to foster a new securely attached life I'm here to guide you I've got expertise and personal

36:08

Insight on my side through 15 years of training and experience I can help you navigate this path drop a comment below

36:14

that says Adam I'm ready for secure attachment if you're up for that challenge thanks for joining today you guys I appreciate you being here

36:21

remember that understanding is the first step understanding what you're aiming for especially but action

36:27

makes that understanding real so I'll see you in the next video that's going to help you do that called mastering

36:33

your attachment style check it

36:42

out