

you excel in your career but you feel like an impostor you're thriving on paper you're successful
you're composed

0:06

you're accomplished but inside you feel like you're falling apart you wonder if

0:12

you're broken i'm here to tell you you're not you just never felt safe enough to be your true self and
you are

0:19

not alone the majority of women who've taken my attachment quiz have actually shown significant
disorganized

0:25

attachment patterns so if you're sitting there thinking "This might be me." You're in the right place
this video is

0:32

for you you're exhausted from carrying the weight of maintaining that polished exterior while inside
you're in turmoil

0:40

every day feels like a performance doesn't it you've mastered the art of appearing put together
successful

0:47

capable all while your inner world feels like it's held together with safety pins

0:52

and tape the constant vigilance is draining always monitoring yourself

0:58

hiding the messy parts that might reveal too much the fear sits deep in your

1:03

chest that gnawing anxiety that if anybody ever saw behind the curtain if

1:08

they glimpsed the real you with all of your contradictions and uncertainties they would have
inevitably walk away

1:16

just like others did before so you've learned to reveal only carefully curated

1:21

versions of yourself measured doses that feel safe enough to share but the price

1:27

of this protection is a profound loneliness that follows you even in rooms full of people who claim to know

1:34

you and there's that persistent feeling of being fundamentally broken because you watch others connect with such

1:40

apparent ease while relationships feel like a foreign language to you you wonder all the time what's missing in

1:46

you that seems to be so natural to everyone else you've built a life that

1:51

looks successful on paper but it feels like you're living it from behind glass

1:57

unable to fully touch or be touched by the experiences that should bring you joy i'm Adam Lane Smith the attachment

2:03

specialist and I work with quiet disorganized women just like you my experience working with individuals with

2:09

all kinds of attachment patterns led me to realize that disorganized attachment existed on a wider spectrum than

2:16

scientists previously realized for the last century i am the only attachment

2:21

specialist and that specialization is what helped me identify the subtype of quiet disorganization to recognize the

2:28

silent invisible women who have gone unnoticed for the entire history of psychology by the end of this video

2:35

you'll understand why your brain developed these protective patterns why they're actually signs of your strength

2:41

and resilience and the exact pathway to creating the safety you never had so you

2:47

can finally feel at home in your own life and connect with the friends and family you've always wished you could

2:52

reach but before we can talk about how to fix this attachment pattern we need to understand where these patterns come

Neurobiology of Disorganized Attachment and Childhood Trauma

2:58

from your story began with a child who needed safety and consistency but

3:04

received something else entirely now the neurobiology of quiet disorganized attachment formation is fascinating the

3:11

amygdala the fear center of your brain becomes hypervigilant with disorganized attachment constantly scanning for

3:17

emotional threats while simultaneously suppressing any outward signs of distress the axis the HPA axis in your

3:24

brain overactivates in these individuals flooding the system with cortisol and

3:30

your lyic system fight flight fawn freeze activates at the drop of a hat the prefrontal cortex the development

3:37

area of your brain that judges decisions makes rational outcomes this becomes

3:42

focused on cognitive control as it forms rather than emotional regulation instead

3:48

of I will manage my emotions it's I will control my thoughts and that develops

3:54

and continues to grow inside your brain when you're a child your reduced oxytocin receptor sensitivity begins to

4:01

kick in as a protective mechanism creating a neurobiological barrier to trusting connections at all despite

4:06

conscious desire for closeness because you're constantly activating a sympathetic stressed out nervous state

4:12

fight flight freeze your oxytocin receptors for sentimental emotional connection lock tight you are not

4:19

supposed to be bonding intimately with anyone during these times but that's all the time for you as a child your vagal

4:26

tone the vagus nerve in your chest becomes dysregulated creating a physiological stuck state or a freeze

4:31

response to freeze your system anytime danger is detected and again that's all

4:36

the time that presents as apparent calm detachment or cold uncaring devoid of

4:42

feeling when really you feel things deeply and you're unable to express it

4:48

now your childhood experiences some of them subtle some not subtle as well as deep trauma can have profound lasting

4:55

impacts maybe for example you had really unpredictable caregiving given deep intimate connection once and then pulled

5:02

away and then given and taken away and given and taken away and you begin to blame yourself as doing something wrong

5:08

okay could be trauma it could be all kinds of things we'll talk about that here in a moment but overall your

5:13

childhood is so chaotic and unpredictable that you struggled to find

5:19

any sense of safety in your world a lot of quiet disorganized women also have high intelligence and high intelligence

5:25

can masquerade as doing fine because you can operate at a higher level than the average person so it looks like

5:32

everything's great okay becoming invisible becomes a survival strategy if

5:37

I'm invisible if I'm not causing fuss if I'm not causing problems I'm just in the background hiding and living my life and

5:42

attending to responsibilities no one will see me no one will hurt me the

5:48

biological impact of learning to suppress your needs and emotions though carries on well into adulthood even into

The Cost of Suppressing Emotions in Adulthood

5:54

late adulthood you've suppressed your desire you've suppressed your feelings your thoughts anything besides minimize

6:00

my pain that's the chant inside your head minimize pain minimize pain minimize pain that's it now good

6:08

children the so-called "You're great you're achieving everything you're so gifted you're so smart you're so quiet."

6:14

They carry the heaviest internal burdens because they're not allowed to not be

6:19

good they must be it almost feels like they're threatened with abandonment or destruction if they don't the cost of

6:27

adaptability though is disconnection from your authentic self you are adapting to the chaos and threats around

6:34

you so you lose who you are now as a child there are some very deep types of invalidation experiences you can have

6:40

that typically create the quiet disorganized pattern for example having your emotions dismissed or punished

6:47

brutally as a child i want a cookie i'm 2 years old i want a cookie screamed at yelled at all kinds of pain when you

6:54

want something you want something you want something how dare you want something from me another one is being

6:59

parentified expected to manage the adult emotions around you you made me angry what are you going to do to make it

7:05

right and you're like three or your parents falling apart and you have to take care of them so they're functional

7:11

enough to feed you receiving conditional love based on achievement or specific behavior

7:18

patterns that are not natural to you a lot of these people go on to become validictorians like high achievers

7:25

because they feel like they have to experiencing unpredictable responses to your authentic needs kids want and need

7:32

things all the time how we react to that determines if they think they're worthy

7:37

of connection or if they think they're going to get hurt and quite frankly severe and chaotic experiences that

7:42

leave lasting harm but get swept under the rug so the child can just survive these experiences create a

7:49

fundamental lack of safety not only in your world but even in expressing your thoughts your feelings your desires your

7:56

needs your imperfections anything and you have to become an absolute perfect

8:02

perfect representation of what that other person wants at all times so you completely abandon yourself and cater to

8:10

the other person now understanding these origins can definitely bring clarity and a lot of people at this point have light

8:16

bulbs going off but this raises deeper questions about your personal journey so this month I'm hosting a dedicated live

8:22

stream specifically addressing quiet disorganized attachment in women during this live Q&A I'll answer your most

8:29

pressing questions about these patterns and provide customized insights that general videos simply can't cover many

8:35

women discover breakthroughs when their specific situations are addressed directly so subscribe to my channel hit

8:42

the notification bell to be alerted when this special event goes live okay now let's examine how quiet disorganization

The Achievement Paradox in High Achieving Women

8:49

specifically manifests in successful high achieving women because these neurobiological adaptations they don't

8:56

remain confined to your past they shape how you move through the world today while invisible to most observers these

9:03

patterns create internal struggles that affect every aspect of your life let's

9:08

explore how quiet disorganization specifically manifests in women who've learned to hide beneath a veneer of calm

9:15

this is what I call the achievement paradox okay quiet disorganized women often excel professionally they are the

9:23

one MVP on their team everybody can look to and trust sometimes they run their own companies because they don't

9:30

want to integrate with other people and be told what to do they want freedom to move so they build their own company they're CEOs or COOs they are high level

9:38

executives they are they are phenomenal in their industry if they're not the CEO and executive they are leading their

9:44

department okay they are incredible at what they do and they will work overtime without even logging the overtime quite

9:50

often now external financial safety becomes a substitute for internal

9:55

security so most of these women are incredible in finance and a lot of them are in real estate a lot of them are

10:01

investing in real estate or selling real estate it's amazing to watch these women thrive in their professional careers but

10:07

the exhaustion of constantly proving their worth begins to stack up perfectionism in everything they do

10:14

leads to paralysis and avoidance they withdraw from other people emotionally they don't build professional

10:20

relationships the way that others do they have a difficulty focusing during stressful times especially despite their

10:26

high intelligence the more chaotic and stressed out their home life becomes especially once they connect to a

10:31

chaotic partner we'll talk about that in a moment they make they have a harder time performing in their job because they're allocating so many mental

10:38

resources to caretaking someone in their life now there is a neurochemical reward system that drives high achievement

10:44

especially in quite disorganized attachment style dopamine surges from achievement it becomes a substitute for

10:50

the oxytocin bonding that should come from secure relationships this creates a neurochemical dependency on external

10:57

validation not even from other people but from situational achievements the nervous system learns that professional

11:03

recognition provides a more predictable reward pathway than emotional connection reinforcing work over relationships when

11:11

I please my bosses through performance I get more money that makes me safer here is my pathway towards safety in life

11:18

cortisol and adrenaline becomes chronically elevated for life creating a stress performance loop where high

The Achievement Trap: Why Success Doesn't Equal Satisfaction

11:24

achievement temporarily reduces anxiety but requires increasingly bigger wins to

11:29

then carry through the brain's reward circuit becomes calibrated to require visible proof of worth promotions

11:36

degrees accolades rather than internal measures of your value and the

11:41

norepinephrine release during achievement creates a temporary feeling of aliveness that counteracts the

11:47

emotional numbness and loneliness these women frequently experience what's really interesting is the prefrontal

11:53

cortex when it is functional overrides emotional needs completely to control how you're thinking instead of how

11:59

you're feeling in pursuit of achievement goals leading to a huge disconnection between

12:05

accomplishment and actual satisfaction these women accomplish a million things

12:11

and people look and say "You are incredible you're my hero." And she says

12:17

"Why?" She smiles says "Oh thank you." Then she goes home and thinks "Man I am

12:22

so lonely why would anyone look up to me my life is not what I want." Achievement and the financial

12:28

security it brings creates brief but powerful periods of perceived safety which teaches the brain that constant

12:35

striving is necessary for basic life security so while this achievement-driven pattern helps you

12:40

create external control and validation it extracts a steep price in your personal life the very strategies that

12:47

make you successful professionally often sabotage your deepest desire for meaningful connection the disconnect

12:53

there creates a painful reality where the more you accomplish the more isolated you feel i need you to

12:59

understand that there's a massive pushpull dynamic in relationships in relation to chaotic partners who make you feel needed and useful okay there's

13:07

a process called intermittent reinforcement when you have somebody come in who needs help and you give them

13:12

help and get validation that you've been helpful and successful you get a trickle of oxytocin sometimes but

13:18

especially dopamine and you feel temporarily safe because you've achieved in that relationship but it's never

13:24

going to be enough because the partners you're going to pick are the ones that push through your freeze response fast enough and hard enough they have very

13:31

little boundary recognition or respect themselves so they push through and demand more and more and more and

13:37

endlessly want you to caretaker them so you are constantly chasing the next hit

13:43

of caretaking them in return in the meantime you can't be vulnerable because feeling vulnerable to others reminds you

13:50

of your childhood where you were vulnerable and it felt physically dangerous and unsafe the neuro pathways

13:55

of the amygdala remember pain and fear so you are caretaking people who are chaotic and turbulent and have problems

14:02

in their life and you're getting dopamine hits but it's never enough to satisfy them and you can never emotionally open up either or get your

Understanding Disorganized Attachment Patterns

14:09

needs met now the pattern here of attracting partners who reinforce your sense of unworthiness they push through

14:15

your freeze response they push through when you lock tight and don't know what to say they're the only ones rude enough

14:21

to push in so you probably get chosen by people more than you choose people and

14:27

they achieve control over you through your freeze response quiet disorganized attachment it creates both fear of

14:33

abandonment once you are in the relationship but also fear of closeness there's a narrow pathway of safety as a

14:39

child playing out again and again and again in adulthood to be emotionally connected enough to be safe but far

14:46

enough away to also be safe there's a perfect line and you have to step in out in out in out in out based on the moment

14:53

of how the other person was reacting the cruel irony here is you crave connection

14:59

while you feel the safest alone and the lack of oxytocin experience leaves you feeling confused about what's the point

15:05

of connection most quiet disorganized women come in and say "Adam why do I want a relationship so

15:11

bad what is it that I'm looking for what is a relationship supposed to be that I

15:17

feel compelled to find a partner what am I even trying to get i don't even know what it is i just feel compelled." Now

15:23

if this is you so far your struggles are rooted in measurable neurobiological adaptations understanding the science

15:30

behind your patterns provides a roadmap for transformation that works with your unique nervous system rather than

15:36

against it so here's your brain on quiet disorganized attachment the neuroscience

15:41

of threat detection and hypervigilance is fascinating your amygdala is hypervigilant constantly scanning for

15:47

threats the fear center of your brain it creates a background state of chronic alertness even in objectively safe

15:54

environments you are always running an elevated level of threat detection the neural pathways between your lyic system

16:00

and your prefrontal cortex become overactive but inefficient it consumes

16:05

massive cognitive resources making social situations exhausting your prefrontal cortex is if I say that I'll

16:12

get hurt your lyic system is fight fawn freeze so I have to fawn and earn

16:18

approval from people but I'm not sure what to say and you're constantly rapid firing back and forth over and over and

16:24

over your nervous system was wired for survival not for thriving it was wired

16:30

to keep you alive at any cost even excessive burnout all the time another

16:35

way to say this is that your autonomic nervous system became long in a sympathetic dominant state a constant

16:41

state of hyperarousal cortisol flooding you are addicted to stress hormones because they make you feel safe in fact

16:48

many quiet disorganized women only feel safe when they're scared they're feel safe when they're stressed out if they

Overcoming Relaxation Anxiety through Somatic Techniques

16:54

calm down too much they say "What am I missing what's happening what what could be happening right now what what's the

17:00

danger that I'm missing i must be missing a threat because I'm too relaxed." Relaxing actually scares them

17:05

when I do my somatic body techniques with them to help calm them down and relax them through muscle relaxation etc

17:12

Some of them cry because they become so relaxed that it terrifies them they're

17:18

afraid they're going to get hurt because they are too relaxed they're going to miss a threat traditional productivity

17:26

and help advice self-help advice fails at this point you guys just think positively just have conversations just

17:33

push through this isn't going to work because your nervous system is now locked in that sympathetic arousal state

17:40

all the time just relax just stop feeling so much

17:45

just stop feeling that bad in fact just tell yourself it's not a big deal most

17:50

traditional advice is designed for people whose emotions don't regularly overwhelm their entire thinking brain

17:56

shortcircuit their system and lead to chronic burnout standard advice assumes you can consistently follow through but

18:03

that doesn't account for how stress hijacks your focus and your motivation did you know your focus centers in your

18:08

front left of your frontal cortex that shuts down during this lyic system state so you're going to lose

18:15

focus constantly just make a list use this

18:21

planner that doesn't work when your nervous system is constantly managing invisible threats in short the high

18:28

agitation and the freeze response renders most advice useless even worse

18:33

your body responds to stress before your conscious mind even registers that you are stressed that creates mysterious

18:40

mood shifts and energy crashes that seem to come out of nowhere your nervous

18:46

system is sending constant mis signals and that creates endless inner turmoil

18:52

now I want to make this clear you are still a human you still crave connection

18:58

you're still lonely you still want love you still want romance most of these

19:03

women are what we call serial monogamists where they are just looking for a monogamous relationship so they get

19:08

in one it lasts for years so the other person destroys the relationship she's sad she grieves she goes to find

19:15

another monogamous partner these women are not partner hopping they're not out thrillseeking they are just trying to

19:21

settle down with one loving partner for the rest of their life so it's very very difficult for them in romance because

19:27

they have a simultaneous activation of approach others and avoid others your brain simultaneously sends connect

19:34

signals and protect myself signals like stomping on the gas and the brake at the

19:39

same time in your car both you're revving the engine and refusing to let it go you genuinely desire closeness

19:47

while your body floods with stress hormones when anybody gets too emotionally near this creates the

Navigating Longing in Romantic Relationships

19:52

painful experience of longing for the very thing that feels threatening you

19:58

are most stressed and dysregulated in close romantic relationships but you

20:04

crave a close romantic relationship more than anything else these inflicting and

20:10

conflicting internal messages create massive freeze response in you as you're simply your system simply doesn't know

20:16

what to do you don't know which way to turn to get hurt or not hurt your brain

20:21

receives contradictory commands open up stay safe lock shut don't share it often

20:27

defaults to just shutting down completely this explains why you sometimes can't speak or think clearly

20:32

during emotional moments even when you desperately want to broca's area responsible for speech and language and

20:38

communication shuts down during this emotional response you actually lose the

20:43

ability to speak and articulate your mind actually will go blank especially in important conversations not because

20:49

you don't care but because your protective systems are activated your body responds with anxiety to connection

20:56

and isolation both your nervous system learned that close connection and abandonment contained danger creating a

21:02

no-win situation where any relationship starts triggering anxiety and every relationship state triggers anxiety

21:09

they're angry stress they're happy stress they're lonely stress they're aroused stress everything is a

21:16

performance for you this double bind exhausts you as your body remains in a constant state of alertness without any

21:22

true restful state available you might only feel safe and at rest when you're completely and totally alone but this

21:29

also begins to feel empty and lonely now there are also some physical symptoms associated with nervous system

21:34

dysregulation chronic fatigue and energy crashes difficulty sleeping despite

21:41

exhaustion physical tension and chronic pain especially ongoing headaches

21:46

digestive issues tied to emotional states autoimmune challenges increased

21:51

cancer stroke heart attack risks fertility issues libido issues all of

21:56

these are tied straight into this nervous system dysregulation okay we've talked about the problems you know here

22:02

on this channel we talk about the problems but then we move to solutions now it's time to address how you can

22:08

genuinely create safety for yourself this isn't about useless quick fixes by the way or surface level changes those

22:15

aren't going to work for you it's about following a strategic process that works specifically for quiet disorganized

22:21

attachment patterns that will rewire your neural pathways over time this is the only way to create lasting change

22:28

step one develop insight and awareness the journey begins with knowledge and

22:34

understanding recognizing first that your childhood experiences were not normal they were abnormal and damaging

22:41

and traumatic this helps your brain to understand that that's abnormal so then

22:47

you can ask what is normal that's the question that opens up

Understanding and Challenging Relationship Patterns

22:53

understanding that other patterns are even possible is the next gateway you

22:59

have to grow in awareness and insight that there are other ways to be existing in relationships than what you're currently living next comes

23:05

understanding how these experiences from childhood shaped your patterns watching this video was actually your first step

23:12

this is your first step gaining awareness of your childhood your patterns your behaviors your choices

23:17

you've got to challenge your brain's program patterns that were once protective they were helpful now they're

23:22

not and then accepting that questioning these patterns is necessary despite how

23:28

deeply uncomfortable it's going to be questioning them because it feels like I'm going to die if I question them just

23:34

gain awareness and insight step number two the first thing I do with women in my coaching practice when they come in

23:40

learning what secure people actually want from you moving beyond the exhausting pattern of guessing what

23:47

people want from you to determine what they actually desire recognizing for

23:52

example your tendency to hyperfixate on guessing other people's needs endlessly and then throwing those at them just to

23:58

try to fawn and please next is understanding that that fawning response typically precedes freezing because when

24:05

you feel most unsafe you say "Please be happy don't hurt me." So you throw

24:12

happiness at the other person it's the only thing you can do before you freeze fight and flight are gone for you so

24:17

you're in fawn and freeze fawn or freeze realizing that healthy people well they want reciprocal conversation and bonding

24:24

they don't want mind reading they don't want you throwing happiness at them they don't want you guessing and afraid and scared they want reciprocal

24:32

conversation and care very different learning that secure people want to discuss relationship expectations really

24:38

openly learning that they want to have conversations with you as a person your character is what makes you desirable to

24:46

secure people insecure people want the experiences you give them and the

24:51

feelings you make them feel secure people want you for your character very

24:56

very different because their c their nervous system calms and regulates in the presence of another person with good

25:02

morals good ethics and who is predictable and calm and trustworthy they just want to be in your presence

25:07

they don't need you for much more than that accepting that healthy people they want reciprocal sharing of needs and

25:12

desires they want a healthy sustainable relationship you were not programmed for this from your childhood you can learn

25:19

this but learning what people want from you next step three so that you can actually engage with these people is

25:25

defining your own needs most women with quite disorganized attachment style have made a habit of not figuring out what

25:31

their needs are because that was dangerous because then you'd learn that they weren't getting met and then you get depressed and miserable now you lose

Identifying and Addressing Personal Needs

25:36

functioning now people scream at you so if I don't ever even ask what my own needs are I can never realize how

25:44

unhappy I am addressing the panic of not knowing what you want is crucial here identifying needs that reduce pain in

25:50

your life for example needs come from three areas reducing the pain in your life and relationships is number one

25:57

number two is creating sustainability biochemically and in your lifestyle so that you can live sustainably and calmly

26:04

and peacefully while care giving to others and loving them crucial that you do this and number three what optimizes

26:10

life towards your true purpose helping you attain real full act actualization

26:15

as a person so reducing your pain creating sustainable life and optimizing

26:20

your life so that you are achieving goals those are the three layers of needs that you have and then mapping

26:25

specific needs across these three areas pain reduction sustainability and optimization learning those needs is

26:32

mandatory so that you can even tell people what your needs are and finally learning that securely attached people

26:38

have these same three level of needs they need to reduce their pain they need to create sustainability and they need

26:44

to create optimization in their life you should be fitting together as friends partners family everything to make that

26:50

connection happen so everybody has reduced pain high sustainability and full optimization and then it creates a

26:57

multiplier effect where you're all optimizing your lives and thriving together that's what securely attached

27:02

people want from you and they'll invite you into that once you display that you're ready now step

27:07

four articulating your needs learning the language of real authentic connection developing specific phrases

27:14

for sharing your needs with when your language center shuts down using for example my what why and how often method

27:20

okay what do you need to achieve something i want to feel loved and safe

27:27

great i would also look love for you to feel loved and safe lady watching this video right now what two things help you

27:35

to feel loved and safe what are two examples why are those specifically

27:40

important to you what what do they represent or mean to you or what would they help you feel why would it benefit me to give

27:48

that to you not because I don't care about you but but what is the benefit to our relationship what what's going to improve for both of us as we take care

27:55

of your need and then how often or how much do you need it clear measurable terms so I know okay I'm investing this

28:01

much this often i'm going to get this return and you're also going to experience this growth and this boost

28:07

that's amazing i would love to do that for you when a person feels connected to you and you're both thriving in oxytocin

Building Positive Connections through Oxytocin and Feedback

28:13

connection by the way it compels you to seek the well-being of the other person so you saying "This will make me feel

28:20

loved," actually will then provoke a response in the other person in in this case me and say "Oh wow i would love for

28:26

you to feel loved that would actually make me feel good knowing that I had helped you feel loved i would love to do

28:32

that for you okay let's do it it's important that you practice these conversations in safe environments that that might mean with a coach that might

28:39

mean with the lowhanging fruit of people who are so calm and stable that nothing would ever flap them but beginning with

28:45

small requests before progressing to bigger ones sometimes even talking to the person and saying "I need to have

28:51

better conversations because I'm very lonely right now i would love to just be a little more open but I don't want to

28:56

bother you would it be okay if I start sharing a little more and asking a little more is that all right and if

29:02

it's ever not would you please tell me immediately that right there would be the beginning of a conversation that that is you displaying a need and asking

29:09

for help do that and step five to fixing this is establishing positive BOF

29:14

feedback creating creating lasting neurological change means allowing your brain to rewire through successful

29:20

connections as you experience bonding and connection with the other person your nervous system calms down and

29:26

relaxes you feel safe in their presence your oxytocin receptors open up you experience that bonding hormone oxytocin

29:32

you also experience the bonding hormone vasopressin that says they're my ally when I was scared they were there when I

29:38

was hurting they were there i trust them this opens up your parasympathetic nervous system the rest and digest area

29:44

so your your gut begins to produce serotonin and then you feel content and

29:49

relaxed and calmed this undoes a lot of the chronic pain the chronic damage the

29:55

nervous system issues it undo the immune system issues it undoes a lot of the health damages and experiences it helps

30:01

so much with chronic experiences like that and chronic agitations allowing this over and over and over enters a

30:09

process of BOF feedback that rewards you for doing it now it feels good now your system will do it faster next time and

30:14

easier with less resistance it won't feel like pulling teeth to try to get through the experience you'll keep doing it more and more and you'll want to do

30:20

it sharing nurturing connecting it changes your neural pathways and you

30:26

experience neuroplasticity that gradually unconditions your freeze and fear response building that positive

30:32

reinforcement cycle of doing it it feels good you want to do it more so you do it more it feels good you want to do it more so it feels good do more feels good

30:39

do it more feels good do it more it just that's bio feedback it makes connection increasingly comfortable continuing to

30:46

refine this process as your capacity for healthy relationship grows means you get bigger rewards each time just remember

Building Secure Relationships for Personal Growth

30:53

that process isn't linear you'll cycle through these steps repeatedly as you work at becoming more secure each time

30:58

with greater depth and ease the journey to feeling safe is ongoing but every

31:04

step takes you closer to the authentic connection you deserve now as your nervous system begins to recognize

31:10

safety as your new normal you can expand beyond self-regulation into meaningful connection with a wider network of other

31:16

people this is about creating a life where you can truly thrive in both personal relationships and professional

31:22

endeavors with your internal foundation strengthening you can build a life that reflects your authentic self and you can

31:29

finally feel safe and at peace in your relationships with others so you can enjoy the time that you have with them

31:35

the fact that you're still here still trying still hoping despite everything that your system has endured is a

31:43

testament to your extraordinary strength disorganized attachment isn't a flaw

31:48

it's your nervous system doing its best to protect you under circumstances you shouldn't have had to endure but you

31:55

adapted you survived now it's time to feel safe

32:01

enough to live the same sensitivity that made you vulnerable to these wounds in the first place is the very quality that

32:08

will allow you to transform more deeply than you can possibly imagine the path forward isn't about fixing yourself it's

32:14

about finally creating the safety that allows your authentic self to emerge

32:19

this journey isn't one that you should walk alone i work with women inside my coaching practice all the time who have

32:25

quiet disorganized attachment style and I know that progress and change is possible you are worthy of love you are

32:32

not broken and I can help you remake your attachment style if you're ready if you want to find out more about working

32:38

with me you can book a free consultation call with my team by visiting adamlaneith.com i'm also going to be

32:44

hosting a Q&A live stream this month specifically for women with quiet disorganized attachment patterns where

32:50

I'll be answering your questions live on air subscribe to my channel to get notified when this event is happening so

32:55

you don't miss out final reminder here you were never broken you were simply

33:01

waiting for the safety to become wholly yourself it's time to be you if this

33:08

video has been helpful please like share with somebody subscribe to this channel if you're not subscribed already and

33:14

drop me a comment below let me know did this did this video touch your heart did this describe you i would love to hear

33:20

from you and again you're welcome to get in touch with me supportainsmith.com is my best email or

33:26

go to my website adamlaneith.com and contact me there i'll see you