

do you have the relationships you want

0:03

you might not and that might be down to

0:06

your attachment it could be that you are

0:08

accidentally sabotaging yourself you

0:10

might have done studies online and

0:12

researched into your attachment styles

0:14

maybe you're insecure maybe you're

0:15

avoidant i want to talk to you about

0:17

that that's my specialty i'm an

0:18

attachment specialist adam lane smith

0:21

and i work on attachment that's my big

0:23

thing so i want to show you how your

0:25

attachment style

0:27

can be used to help you and how to

0:29

understand your attachment style where

0:31

you can go from here that's what i want

0:32

to show you

0:33

let's jump right into it first of all

0:35

what are the different attachment styles

0:36

very briefly you've got anxious which

0:39

means you get into relationships and

0:40

you're very eager to please and very

0:42

eager for approval and you might do

0:44

things you aren't proud of to try to

0:46

make people proud of you and like you

0:48

and approve of you and you might not

0:50

believe you ever deserve to be loved

0:52

deep down you might believe that you

0:53

don't ever deserve to be loved so you

0:55

never will be so you have to earn

0:56

approval from other people all the time

0:58

otherwise you'll be abandoned and it

1:00

feels like you're gonna die if you get

1:02

abandoned the other one the other big

1:04

one is avoidant you know that you can't

1:06

trust other people and you feel like

1:08

there's probably something wrong with

1:09

you but you compensate by pushing people

1:11

away and say nope you're not ever going

1:13

to get near me nope there's something

1:15

wrong with you and with me there's

1:16

something wrong with both of us don't

1:17

come too close it'll hurt us both get

1:19

away from me and you keep people at

1:21

arm's length sometimes people do this

1:24

and they're a little more mean than they

1:25

need to be they're gruff especially as

1:26

they get older that's they push back and

1:29

it's fear it's fear of getting hurt and

1:31

then there's disorganized which is kind

1:33

of a blend of the two you push and push

1:35

and push but when someone gets in close

1:37

you become really anxious

1:39

and that person you become obsessive

1:41

over you're constantly trying to make

1:43

sure they're happy but you're just but

1:44

you're also fighting it and avoiding at

1:46

the same time hot and cold hot and cold

1:48

these are the three different attachment

1:50

styles outside of that that are just

1:52

wrapped up in insecure attachment

1:54

some people have what's called secure

1:55

attachment where you don't have any of

1:57

these you're just calm you're relaxed

1:59

you're not worried about abandonment

2:01

you're not worried about anything sounds

2:02

nice right

2:03

i hear you

2:05

anxious avoidant disorganized

2:08

what do you do with this how do you

2:10

understand this how do you come to terms

2:12

with this

2:13

well step one is to figure out how it

2:15

happened because what happens is when

2:17

we're little we're born and every child

2:20

has two parents right two parents

2:23

and the brain knows this and the brain

2:25

knows that those are our two parents and

2:27

and children come come out smelling

2:28

their mom they've smelled her for 10

2:30

months now

2:31

they come out smelling her they know her

2:33

smell they know her voice they know

2:34

everything about her they know her so

2:36

when we're adopted out even i've seen

2:38

people adopted at birth that find out

2:40

later and they say that's why i've never

2:42

felt connected the brain has that

2:44

disconnect and the brain believes that

2:46

everything bad that happens to you

2:48

happened because it was your fault even

2:50

your parents getting a divorce even

2:52

traumas that happened to you abuse

2:54

neglect your parents are too depressed

2:56

to spend time with you your parents are

2:57

too busy to spend time with you all of

2:59

it's your fault

3:01

and the idea forms that there's

3:02

something deep down inside that's wrong

3:04

with you that everyone else can see and

3:06

that's why they don't give you the love

3:07

that you deserve so you don't deserve it

3:10

you don't deserve to be loved so you

3:11

either have to keep people away to

3:12

protect yourself or you have to please

3:15

people so they will keep you and not

3:17

hurt you or leave you

3:19

that's how it usually starts i've got a

3:21

book on this i wrote i've written

3:22

multiple books on this my best book is

3:24

slaying your fear it's on amazon slaying

3:26

your fear by adam lane smith

3:29

it's like five bucks right now go over

3:31

there and check it out it walks you

3:32

through a detailed step-by-step process

3:34

of how attachment happens what happens

3:36



all of that so if you're wanting to

3:38

understand more slaying your fear is the

3:39

guide

3:43

the next part that you need to answer is

3:44

how do you feel about yourself

3:46

how does your attachment style make you

3:49

feel about yourself mostly

3:51

most people

3:52

it's a fear that you are worthless on

3:54

the inside that if anyone sees that they

3:56

will hate you and reject you abandon you

3:58

spit on you that you will finally get

4:00

what you deserve so we treat ourselves

4:03

badly and we let other people treat us

4:05

badly if we've had significant enough

4:07

abuse sometimes we push back at other

4:09

people and become avoidant and say no i

4:11

don't want you in my life at all i've

4:13

worked with a lot a number of people i

4:15

know um in cases with autism often the

4:18

person is a little bit more logical and

4:20

they say well i don't think there's

4:21

something wrong with me but everyone

4:22

around me is crazy and i don't

4:24

understand what's going on so then they

4:27

they can often become avoidant people on

4:28

the autism spectrum can become avoidant

4:30

without being angry and mean and harsh

4:32

but they just no wall

4:35

goes up and they never know how to let

4:36

it down and let people in

4:38

i've seen that too that can happen um

4:42

how do you feel about yourself

4:44

and your place in relationships

4:46

what do you think that you deserve do

4:48

you believe that you deserve to be loved

4:50

do you believe that you deserve to be

4:51

mistreated do you believe that only

4:54

people who mistreat you are honest

4:55

because at least they're giving you what

4:56

you deserve

4:58

that happens that happens

5:01

and the next step

5:03

you need to talk about is how do you

5:04

feel

5:06

about others

5:08

and how do you treat others

5:09

do you treat others

5:11

as human beings as people or do you

5:13

interact with them the way that you

5:15

would interact by moving an object

5:18

hear me out here this doesn't mean

5:19

you're a sociopath doesn't mean that

5:21

you're a monster but people who are

5:23

insecure who believe they have to keep a

5:25

wall up they can't just open up and

5:27

connect to the other person and say hey

5:29

let's do this we will work together as a

5:31

team here's who i am let's connect let's

5:33

do this

5:34

it's here's my wall

5:36

here's the image i'm projecting in front

5:38

of who i want to be or who i want you to

5:40

think i am here's the things i'm either

5:41

keeping you out or and but still have to

5:44

interact with you over there or i'm

5:46

going to pull you in super close and be

5:47

super pleasing but still keep this wall

5:49

up here and i'm going to make you so

5:50

happy either way

5:53

we are pushing buttons to try to make

5:55

other people do what we want and not to

5:57

hurt them not usually the extreme

5:59

examples is is you know anti-social

6:01

personality disorder violence sociopaths

6:04

and that's not you you're looking for

6:08

little pieces where are you not telling

6:10

people what they need to know where are

6:12

you not opening up to people but you're

6:13

trying to get them to like you by doing

6:15

nice things for them you're playing a

6:17

game and pushing buttons instead of

6:20

opening up to them

6:21

if you are accidentally treating other

6:24

people like an object that is what

6:25

happens with attachment styles these

6:27

these insecure attachment styles it's

6:29

you're either pushing them away and

6:31

pushing those buttons so they'll do it

6:33

or you're trying you're pushing buttons

6:34

by being super nice to try to make them

6:37

do what you want by not not leaving you

6:39

not abandoning you not hating you it's

6:42

usually the knots you're trying to

6:44

prevent the bad by pushing those buttons

6:46

so you're treating them like an object

6:48

this is why so many relationships stay

6:50

at arm's length this is attachment these

6:52

are the attachment styles this is what

6:54

it means how do you fix all of this

6:56

right that's probably the next question

6:58

my book slaying your fear is on amazon

7:00

it's five dollars right now i think the

7:02

audiobook right now is seven dollars you

7:04

can do this you can look at this my book

7:06

saying your fear is like 110 pages it's

7:09

short it's meant for people who aren't

7:10

into it into reading a giant textbook

7:13

before they can solve a problem it's

7:15

short you can read it in a day you can

7:16

read it in a weekend and then you can

7:18

start solving those problems if you're

7:20

not sure if you've had these attachment

7:21

issues go back and watch my second video

7:24

on this channel adam lane smith what is

7:26

attachment

7:27



i have so many deep guides on this

7:29

channel i have guides on how to boost

7:30

your attachment if you want to fix that

7:32

and boost it from where it is if you

7:33

have children and they have some

7:35

attachment pieces i've got those on this

7:37

channel too all kinds of resources here

7:39

for you

7:40

check them out leave me a comment if you

7:42

say hey i didn't realize i was anxious i

7:44

didn't realize i was avoidant i hadn't

7:46

even heard of disorganized before leave

7:48

me those comments ask me questions if

7:50

you're not sure where to go from here

7:51

drop me a comment on the youtube channel

7:54

and say hey where do i go from here

7:56

here's a little bit of where i'm at

7:58

where do i go what's this next step what

8:01

is the next step right now who can i

8:02

connect with i would love to talk to you

8:04

i would love to talk to you about that

8:06

thank you for watching

English (auto-generated)