

[Free PDF File] Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It



CONTINUE ►

Has your romantic partner called you clingy, insecure, desperate, or jealous? No one wants to admit that they possess these qualities, but if you find yourself constantly on the alert, anxious, or worried when it comes to your significant other, you may suffer from anxious attachment, a fear of abandonment that is often rooted in early childhood experiences. In *Insecure in Love*, you'll learn how to overcome attachment anxiety using compassionate self-awareness, a technique that can help you recognize your negative thoughts or unhealthy behavior patterns and respond to them in a nurturing way - rather than beating yourself up. You'll also learn how insecurity can negatively affect healthy dialogue between you and your partner (or potential partners) and develop the skills needed to stop you from reverting back to old patterns of neediness and possessiveness.

CONTINUE ►

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