




# Do you find yourself being anxious in love?

What causes it and can you do something  
about it? Read on to find out!

Humans are diverse.  
Different. Completely  
unique individuals. But  
the way we bond, give &  
receive love and behave  
in relationships are part  
of a common  
attachment spectrum.

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Our childhood & early  
relationships set the tone for  
the kind of attachment we  
develop & exhibit as adults.

# Attachment styles include

## **Secure Attachment**

Securely attached individuals have low anxiety and avoidance. They have an easy time opening up in relationships and can articulate what they need from their partners.

## **Anxious Attachment**

Anxious individuals have high anxiety, but low avoidance. They have difficulty trusting their partners and worry about their relationships, needing reassurance.

## **Avoidant Attachment**

Avoidant individuals have low anxiety, but high avoidance. They can be emotionally distant in relationships and say they fear commitment.

## **Disorganized Attachment**

These individuals have high anxiety and high avoidance, both fearing and desiring intimate relationships.

# How does anxious attachment develop?



As children, we are solely dependent on our parents/primary caregivers for our basic needs like food, security & shelter. We also start picking up on the traits these adults exhibit in their surroundings & in relationships. Children also face a form of anxiety when separated from the parents known as separation anxiety.

# How does anxious attachment develop?

- ◆ If you experienced abandonment, neglect, or abuse as a child, or if you dealt with any type of trauma or instability, you might have an anxious, disorganized or avoidant attachment style as an adult.
- ◆ If you picked up on the inconsistencies from your caregiver as a child, you can be prone to develop anxious attachment. Such a situation may force a child to think that the caregiver or parent may not be available when needed, making them have second thoughts about completely trusting or depending on a person.
- ◆ Anxiously Attached children tend to have high levels of separation anxiety because they know the caregivers love & attention towards them is inconsistent & may vanish anytime, that makes them clingy & they develop the need to be always very close to their primary caregiver. This trait might also very commonly reflect in their adult relationships.
- ◆ Anxious Attachment may also result from facing betrayal in adult relationships including friendships.

# Doing these may worsen Anxiety in Relationships

- Being too available + abandoning yourself

Stalking someone on social media/waiting all day until they call or text you or chasing them by sending too many texts for every one word response they send you can be extremely damaging and shows low self worth. Also dropping everything for the other person as soon as they want to see you. When you do this you're not valuing your time or boundaries. By abandoning yourself, you're teaching other people that it's ok to abandon you.

- Going out of your way to prove your worth

When children are abandoned or abused, it damages their self-worth. They move through life thinking they aren't good enough and have to prove something in order to get love. This is a destructive habit in relationships because it makes them susceptible to manipulation, care-taking, and overextending themselves.

- Having Savior fantasies

Children with separation anxiety, in traumatic or toxic environments often fantasize about being saved. This is a coping mechanism to fill the void of abandonment. Bringing this into adulthood can make you prone to putting other people on a pedestal, giving them your power (or making them your higher power), and missing red flags or other realities of a situation.

I discuss all of this and more in details in my Anxious To Assured course. Check it out [here](#)

# What CAN you do??

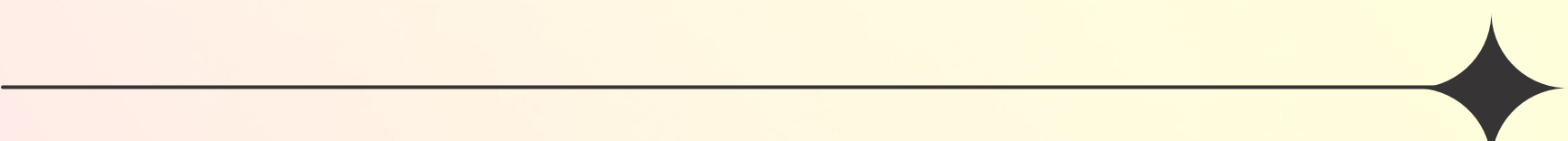
- You are operating from your subconscious childhood wounds, in survival mode and responding to any probable danger that can leave you alone & abandoned. Counteract this by getting more aware. Practice deep belly breathing when you feel the familiar surge of rage or anxiety. It may be uncomfortable at first, but like most things which are actually good for us, this will be difficult at first because it is the unknown. (I mean, it was any-day easier to order takeout than to whip up a salad, but I guess we all need to learn at some point). Learn to regulate your nervous system & you will see change.
- Externalise your feelings by writing. Stop the loop in your overthinking head but taking out a journal dedicated to your thoughts and try to put them in words. One practice I ensure all my clients do regularly, especially during their initial healing journey is BRAIN DUMP. In the morning and before sleeping just dump all of the thoughts on a piece...

- of paper. You need not worry about grammar and language. Or whether it even makes sense. Just write and clear your mind. You can even adopt this technique when you are too fired up, take those thoughts out on paper & when you are calm enough, discuss. This technique will give your mind clarity, help you express to yourself & leave you feeling much more clear & calm. If you end up making this a part of your Morning or Night Ritual, don't forget to let me know how you feel after!
- Start communicating your true needs and wants, honestly & transparently to your partner. Try to change the narrative in your head that having to ask and tell your partner what you want means "begging" or "what's the point if they don't even know that much?". That's your inner child talking, thinking that your partner is some mind reader and will rush to your rescue when you feel misunderstood or unheard without you even lifting your finger. Nope! No. One way to start doing that is to first acknowledge that you have needs, you have wishes & that there is nothing to be ashamed of.



Healing is a journey & you can turn more secure with time & patience. A holistic approach towards growth can propel you towards some liberating change not only in the way you love but also in your overall mindset towards life!

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The starting point of this journey is awareness and hence you are already here. Take intentional action to witness real change!

If you want to :

- to foster healthier and more fulfilling connections
- increase self-love, self-worth, and acceptance
- reduce anxiety & emotional turmoil in relationship
- foster independence & autonomy & growth
- break negative patterns stemming from childhood
- increase self-trust & resilience to overcome challenges

**THE ATA  
FRAMEWORK IS FOR  
YOU!**



The ATA method is a  
unique mix of conscious  
AND subconscious  
reframing therapy to help  
you discover your anxious  
roots and turn your  
attachment into a more  
confident & assured style

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Are you ready for a lighter, freer  
version of yourself?

**CLICK HERE**