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and develop the skills
needed to stop you
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suffer from anxious
attachment, a fear of
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often rooted in early

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childhood experiences.

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when it comes to your significant other, you may suffer from anxious...

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your negative thoughts or unhealthy behavior patterns and respond to them in a nurturing way¹⁵¹; rather than beating yourself up.

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They also experience

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many self-doubts.

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attachment and

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through compassionate
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combination of self-
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According to Becker-
Phelps, an anxious

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attachment may
manifest in: Trying to
earn another person's
attention or support by
being overly nice or
giving. Pleasing others
without focusing on
your own feelings,
needs or desires.
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exceedingly competent
and worthy at work.
Fearing rejection or ...

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How ...

"For someone with anxious attachment style, it can feel incredibly uncomfortable and emotionally painful if the person they're dating doesn't call them back within a few hours, respond to a text,...

Anxious Attachment Style: What It Means & How to Deal With

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Children with an anxious attachment tend to feel insecure and are often clingy. As adults, this preoccupied attachment style affects romantic relationships.

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can do about it. [Leslie
Becker-Phelps] -- "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
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the alert, anxious, or ...

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