

Healing Anxious Attachment

Healing attachment injury is never easy since these habits and responses are ingrained into our brain structure (neural pathways) in early development. Fortunately, healing is always possible at any age. You can move toward more secure attachment with focused and regular practices by learning and implementing secure attachment skills.

- Focus on recognizing and meeting your own needs.
- Do things for yourself that you would quickly do for others.
- Learn to ask for help. You can start small. Remember that people like to be helpful ... you are one of those types of people!
- Learn to identify your inner-critical voice and combat the messages with statements that are true to who you are. This inner voice was learned from your environment and is not a true reflection of who you are.
- When you perceive abandonment, write an accurate narrative of your experiences to make sense of them.
- Avoid desperate actions for attention that push your partner away.
- Give your partner time and space, trust that they will return to you if you give them space to be their own person and do their own processing.
- Sit with uncomfortable feelings. Name them. Let them to flow through you like a wave before taking any action.

Many small steps can increase awareness and the ability to move toward secure attachment, but as with healing any attachment injury, the practice requires **commitment**. When we think of healing attachment injury, it should be thought of as a **journey** more than a destination. Many attachment injuries see improvement, but old habits can occasionally creep back in and that's okay. It's important to recognize progress every step of the way and to give up the expectation of perfection. You are human!