

How to Heal Your Attachment Style and Become Secure

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What are the four attachment styles?

Before you can learn to heal you have to figure out which attachment style you are! See which qualities below you most resonate with. There are also online quizzes to help you figure it out.

Secure

- Capable of sending and receiving healthy expressions of intimacy
- Enjoys alone time and partner time
- Has a positive view of relationships
- Healthy interdependence
- Relationships mostly feel like Zen, peace, and harmony

Anxious Preoccupied

- Clingy or needy
- Jealous or possessive
- Needs frequent validation, and can text frequently to remind you that they exist
- Worried that they're not really loved
- Codependent
- Feel like others are responsible for their emotions and they're responsible for others emotions
- Can have a love addiction

Dismissive Avoidant

- Hyper independent
- Avoids vulnerability
- May be slow to text back or make plans
- Easily suffocated
- Fears commitment
- Relationships are a low priority
- May feel like it's an admirable quality to not want a relationship
- Only focus on their needs and not their wants
- Has blunted emotions
- Tend to focus more on their career (partially because money will never hurt them, partially because they think if they're ambitious they'll get the love and recognition they deep down long for, and feel worthy)

Fearful Avoidant - Swings back and forth between dismissive and anxious

- Wants closeness but is scared
- Cycles between pushing people away and then pulling them close
- Constantly expects the worst in relationships
- Common in those with or raised by someone with Borderline Personality Disorder
- Can often be sexually promiscuous (but in some cases avoids sex altogether)
- Hyper vigilant on picking up queues from others/can seem to "mind read"
- In a relationship they tend to act like the opposite of the other person's attachment style

There is no firm cutoff between Secure and Insecure, as there's almost no one in existence who is 100% Secure. And there is also no firm cutoff between Fearful Avoidant and being squarely Anxious or Dismissive. Most people who are Fearful Avoidant lean towards one of the other attachments.

What causes insecure attachment styles?

Our attachment styles are mostly formed from how our parents or caregivers raised us. Humans are like computers that run on subconscious programming that forms mostly between the ages of 0-7. However, this programming can change through major life events and impactful relationships. Traumatic events cause our attachment to be insecure, but trauma doesn't always have to be obvious abuse or neglect! Small things like being made fun of, getting lost at the store, parents not showing up when you cry, fighting parents, an alcoholic parent, parents divorcing, or staying together despite not being in love, parents working a lot, you having to take care of your siblings, parents not making eye contact, not validating your emotions, or you simply don't feel close them, etc. These traumas cause core wounds to be stored in your subconscious. These are limiting beliefs that you are probably not even consciously be aware of. To heal, you must reprogram these core wounds.

You're not broken or damaged if you have an insecure attachment style, and it doesn't make you bad, or unworthy of love! It's a very common thing, and part of the human condition. But it's not the healthiest version of you that you can be.

Anxious Preoccupied attachment is caused by:

Your caregivers inconsistently showing up. Sometimes they're there for you, sometimes they're not. Maybe one parent is warm and the other is cold. Or your parents are both warm but they worked too much. Clinging on to them tended to help get your needs met. It can also be caused by parents who relied on their children to meet their emotional needs, so the child feels like they're taking care of the parent. As an adult, being in a relationship with someone who is Dismissive Avoidant can make you become more Anxious Preoccupied.

Dismissive Avoidant attachment is caused by:

Your caregivers emotionally neglecting you. This can be cold caregivers who didn't validate emotions, or would try to shut down your emotions. Men are often told that only babies/girls cry. Or anytime you'd try to talk about your emotions your parents didn't know how to respond. In the most extreme cases this can be caused by actual physical abandonment. This makes the Dismissive detach and only try to meet their needs by themselves, so they won't ever be let down by others. The Dismissive is the least likely to want to change this about themselves because it feels unsafe, and they've built their whole personality around being hyper-independent.

Fearful Avoidant attachment is caused by:

Having hot and cold caregivers, or having very high unpredictability in the home such as having a chaotic or unsafe household. Fearful Avoidants can have a lot of fear towards their caregiver. This is common in people raised by someone with borderline personality disorder, or other severe mental health disorders. Sometimes when an Anxious Preoccupied person experiences a severely traumatic heartbreak as an adult they can become Fearful Avoidant.

What are the Core Wounds?

Anxious Preoccupied

Core Wounds	Explanation	Associated Emotions
I will be abandoned and that will make me unsafe	If your emotions aren't attended to you feel like you're being abandoned, because your emotions are a part of you. It's scary and hurts when someone isn't available for you. In a relationship you may act needy, or call/text a lot as a trauma response to this wound.	Panic, fear, numbness, emptiness
I am not good enough and will be rejected	Because you learned to sooth through caregivers growing up, it feels like rejection if they aren't available. You become dependent on others, and derive your sense of self through relationships.	Sadness, loneliness, despair, stinging and burning pain
I am alone	This is similar to the abandonment wound, but this is more of a heavy, depressed feeling, while abandonment is a panicked, fearful feeling.	Loneliness, Hopelessness, sadness, depression
I am disliked and excluded, I don't belong	Because your identity is tied to external factors (friendships, relationships, hobbies, etc.) as soon as one goes away you feel insecure. If someone doesn't text you back or invite you somewhere it makes you think they don't care or love you.	Jealousy, sadness, fear, stinging and burning pain
I don't matter, I am unseen, unheard, and misunderstood.	This makes you neglect your own needs and become a people-pleaser. You will bend over backwards for someone else while neglecting your own desires.	Sadness, smallness, aloneness

Dismissive Avoidant

These wounds are deeper in the subconscious than the Anxious or Fearful, so they are harder to become cognizant of. Dismissive Avoidants tend to be emotionally blunted, so you won't feel the associated emotions as much. However, if you look into your behaviors you'll see they stem from these wounds. The Dismissive is the least likely to want to heal because it triggers the core wound of "I am defective"

Core Wound	Explanation	Resulting Behaviors	Associated Emotions
I will be abandoned and I am alone	It is assumed this will happen in the long-term.	You cope with this wound by keeping yourself alone, because you find safety and comfort in it.	Existential loneliness
I am unsafe	Because the emotional neglect makes you feel unloved, you don't feel like you can trust your parents. You feel like your parents could leave at any time and then you won't be physically taken care of any longer.	You don't feel like you can rest, and are on constant alert (fight or flight). You can become overly attached to material things like money or food, or to animals because they are more loyal.	Panic, fear, agitation, irritation
I am defective	Children personalize everything, because your parents don't have a strong emotional bond with you, you feel like something is personally wrong with you.	In relationships you think "if I let you get too close you'll see that I'm defective", so you withdraw.	Shame and sadness
I am trapped, stuck, and powerless	Forming an attachment with others makes you feel like you're giving your power away, because now you feel like your emotions lie in the hands of someone else.	You don't reach out to your partner often. It feels like something is physically stopping you from taking that action.	Frustration, irritation, constant screaming in your head, anxiety, fear
I am stupid	When you make a mistake you would be judged harshly for it.	You feel connected to the world by learning about it, and through logic, rather than feeling. You over compensate by educating yourself to the extreme.	Judgmental and critical of yourself and others
I am misunderstood, don't matter, am unseen, and unheard	Your caregivers didn't see your emotional needs. You don't communicate your needs because it feels too vulnerable, which perpetuates this wound.	You're hesitant to bring up emotions because it has been repressed in childhood with the feeling of rejection, so talking about them retriggers that feeling.	Sadness, fear, disconnection, aloneness.

Fearful Avoidant

The Fearful Avoidant shares the same wounds as the Anxious and Dismissive, but has some unique expressions of them, as well as their own unique wounds. Read the core wounds above to understand all of the ones you may have.

Core Wounds	Explanation	Associated Emotions
I will be betrayed	This stems from an issue of not trusting others due to inconsistency from your caregivers growing up.	Anger, resentment, frustration, stinging pain
I am bad or defective	You think you can't make any mistakes or it will set your parent off, causing chaos. This is because making a mistake caused too big of a reaction in your parents. Now when you do something you deem as bad you withdraw and criticize yourself. This can make you walk on eggshells around others, and people please.	Shame, rumination, panic
I am not good enough or am unworthy	This is similar to the "I am bad" wound, but this has more guilt involved while the other has more shame. You will try to overcompensate and take on responsibilities that you don't need to, thus overburdening yourself.	Guilt
I will be attacked or am unsafe	This wound is deeply unconscious. You may not think you have this issue, but if you're emotionally attacked you'll hyper defend yourself because in childhood you felt no one would defend you.	Volatile anger, strong reactions to small things
I am a burden	You feel like your existence is a burden on others, like you shouldn't have been born.	Guilt, depression

How to Heal

You can work on healing while single or in a relationship, there's a time and place for both. For example if you are Anxiously attached and bounce around from relationship to relationship, you may want to take time on your own to learn to self-soothe. But the bulk of healing can be done while dating. You don't have to be healed to be in a relationship, because relationships cause the necessary triggers that are needed to bring you to healing.

Coping

The extent of what many bad therapists teach is how to cope with your attachment, but not how to heal from it. There is value in learning how to cope while you are in the healing process, but you don't want to just cope for the rest of your life! What you really want to do is rewire or reprogram your brain so you won't feel triggered again. But first, let's start here.

Communicate. Now that you're aware of the core wounds, when you get triggered you may feel tempted to just push the feelings away because they're unhealthy. Don't do this! Suppressing the feelings only pushes them further down into your subconscious and will make the problem worse down the road. Put words to your emotions and let your partner know how you're feeling in that moment.

Example #1 – An Anxious partner asks their Dismissive partner to spend more time together after not seeing them for a week. Both partners feel triggered; the Anxious one feels like they're being abandoned, like they're not actually loved, and feel desperate for validation, while the Dismissive partner feels suffocated, like their freedom is being threatened, and that makes them feel unsafe.

The Anxious partner may say "I haven't seen you all week and it makes me feel like you don't actually enjoy spending time with me, I feel very unloved."

And the Dismissive partner may reply "I truly do love/care about you, but I'm feeling really suffocated right now. I need to take some space, but when I'm not feeling overwhelmed anymore I'll text you to make plans", rather than just disappearing.

Example #2 – An Anxious attachment's partner goes out with their friends without inviting them, and it made them feel excluded. The Anxious person recognizes that it's not realistic to be invited out with their partner's friends all the time, but still feels a lot of pain.

They may say "It made me feel really unloved that you went out with your friends without me. I recognize that this stems from an unhealthy place and it's not your responsibility to always invite me, or to make me feel alright, but I just wanted to open up to you that it's really hard for me."

And their partner may reply "I'm sorry it made you feel that way. Know that I always love you, but I also need time to myself. Next time I'll text you at the end of the night to let you know that I'm thinking of you."

You shouldn't be ashamed or upset when you get triggered or express unhealthy behavior. It is to be expected when you have an insecure attachment style. It's not a reflection of your character, it's just a reflection of your past experiences and the imprints they left on your mind.

Journaling exercise

Now for the part you've been waiting for! Journaling exercises are necessary to reprogram your subconscious so you won't ever be triggered again. Schedule some time in your daily or weekly routine to go over an event that triggered you earlier.

Reprogramming Exercise

Grab your journal and write down the following:

1. What scenario or situation triggered you? Write out what happened and how it made you feel.
2. Let yourself feel the emotion. Sit and let yourself really feel. Identify and name the emotions, and write them down. Use the emotion chart on Page 10 if you need help naming them. However, don't label the emotion as good or bad. Your emotions are part of you, and you are not bad! They simply exist, allow them to be heard. **You must feel in order to heal.**
3. Find the meaning you're giving to the situation. Why is this causing you painful emotions? You may be thinking, "They don't care about me, they're just using me, I'm not attractive enough, I'm not smart enough, I'll never find someone who truly cares" etc. Sometimes these thoughts and limiting beliefs pass by so quickly that you don't even realize you have them. But if you take a moment and consciously process what you're going through and write them down, you can name the limiting beliefs.
4. Rewire your belief. Question the validity of those beliefs, so you can then consciously tell yourself the truth. Find an emotionally tied memory that opposes that feeling. Think of examples about how people do care about you, how you are attractive enough, etc. **The subconscious is programmed through emotion and repetition**, so make sure to really remember and feel the emotions that are tied to the memory, as well as write it down.
5. Meet your need. If it's an Anxious wound that's triggered, look for ways you can meet the need yourself. Tell yourself even if this person doesn't like you, you like you! You think you're pretty. You think you're fun. You're always here for you. And if it's a Dismissive wound that's triggered, look for ways you can reach out to others and express your vulnerability. Tell yourself that you will be safe. It may feel silly, but write these things down.

Triggers are your friends! They show you what's unresolved so you can heal and never be triggered again.

There are other journaling exercises in the tips for each specific attachment below. Over time you won't need to journal as much as you'll start to catch these patterns in real time and calm yourself down in a few seconds. Soon you won't ever be triggered at all!

Talk to your inner child

This is a great process to do during the Reprogramming Exercise. Put your hand on your heart and talk to yourself as if you were another person, as if you were talking to a child and you are their loving parent. Don't try to push your emotions away or label them as bad. Validate that your inner child feels this way, and hold space for yourself. Observe your emotions from an outside perspective, as if you are another being. A being of pure love and Zen, encompassing and holding the emotion. Tell yourself out loud if you can, or in your head, that everything is going to be alright. You are loved, you are safe, and any affirmations that oppose your limiting beliefs.

Affirmations

The subconscious is reprogrammed through repetition and emotion. Affirmations are positive statements that you repeat throughout your day, and throughout the rest of your life! They oppose limiting beliefs by telling yourself loving statements about how worthy you are, or the things you will be able to achieve in life. The trick is to keep them positive, so instead of saying "I'm not a Burden", say "everyone loves my presence, no matter the situation". The more you feel the emotion behind it, the better. You can write them down as you journal, say them out loud to yourself, or listen to YouTube videos of affirmations throughout the day.

Meditation

Meditation is an essential part of healing your mind. There are many different types of meditations and uses for them. If you don't already, follow any basic guided meditation you can find for free on YouTube for 5-20 minutes a day. This will train you to have control over your thoughts. The purpose isn't to think zero thoughts, but rather anytime you observe a thought, you let it pass by instead of following it down a rabbit hole. It's like working out a muscle, it's hard at first but becomes easy over time. Eventually you will recognize that you are not your mind, but you are the consciousness of your mind. As you get more skilled, meditation is useful for when you need to find an early memory. Ask yourself why you feel a certain way, and then clear your mind without trying to search for the answer. It will come to you out of nowhere.

*You are not your
mind, and thus
you are not your
programming.
You are the
awareness of your
mind.*

EFT and Hypnosis

These are ways of accessing your brain in different states. Hypnosis is a state of meditation where your brain enters theta and delta waves, which is where subconscious reprogramming happens. There are free hypnotherapy videos on YouTube which guide you into a state of hypnosis, and then reprogram early memories or program in more positive ways of thinking. Emotional Freedom Technique (EFT), also known as Tapping, is a practice where you tap on acupressure points of the body that stimulate the amygdala in the brain, while saying therapeutic phrases that combat negative memories or limiting beliefs. The amygdala stimulates the fight or flight response, so this practice helps reprogram your mind to no longer associate those memories or beliefs with stress or fear. Sounds crazy but it works wonders!

Tips specific to the Dismissive Avoidant:

The Dismissive Avoidant is the least likely to want to heal. This stems from the “I am defective” core wound. Subconsciously you think that because you have an insecure attachment style something is inherently wrong with you, so you deactivate.

If you want to want to heal, here’s how to motivate yourself:

The brain is wired to avoid pain more than seek pleasure, so write a cost list of not wanting a romantic relationship. Then you’ll see that there’s more pain in avoiding doing this work. Here are some examples:

- Having the associated traumas/core wounds stored in your subconscious can affect more than just how you show up in relationships, it can also affect your physical health over time! This is because it makes you stay in fight or flight all the time. *(You won’t recognize that you’re constantly on alert because you’ve lived your entire life this way. I made a [YouTube video about what is the subconscious mind](#) and how trauma affects our physical health.)*
- You won’t have a life partner to support you during tough times. *(Yes you’re great at supporting yourself, but life is a lot easier and less stressful being able to lean on someone.)*
- You won’t grow as much as you can. Navigating relationships helps you grow and evolve as a person. *(Probably more than any other aspect of life.)*
- These core wounds will get worse over time and you’ll become a bitter grumpy old person. *(Ever wonder why old people can become so mean?)*
- Studies show our happiness is determined by the quality of our relationships. Life is mediocre without close bonds. *(There’s a reason why couples who are genuinely in love look so happy.)*
- Relationships are a pillar of life, and it’s not healthy to cut off one area of your life. *(You will become a fuller, more balanced human. You came to Earth to experience this.)*
- You will never experience the feeling of deep love, which is the greatest feeling in the world. *(It’s hard to conceptualize of this when you’ve never felt it, but this isn’t an exaggeration.)*
- Sex is 10,000 times better when you’re deeply in love! You’ll never experience the most mind-blowing orgasms you can have. *(I’ve done my own scientific studies to confirm this :) But don’t trust me, ask your secure friends.)*

In your journal write down the examples that resonate with you, and then add some more of your own. If you think of any “but” statements, they’re limiting beliefs which you can reprogram.

Once you're motivated to heal:

You must get in tune with your emotions. This attachment makes you live your entire life in a low state of dissociation. You feel emotions, but they're not as deep as any of the other attachment types.

- Ask yourself what you feel, and where do you feel the emotions physically in your body.
- Set an alarm on your phone to check in for a minute every couple hours or so
- Journal morning and/or night about what emotions you experienced that day.
- Wim Hof breathing exercises help shake up your emotions to the surface, because they are stored physically in the body.

Love isn't an emotion, it's a state of being.



Validate your own needs.

- Tell yourself affirmations about how you are good enough, which is one of the biggest core wounds you need to heal.

Remove your limiting beliefs.

- Make a list of all the painful beliefs you have about yourself and relationships.
- Write out examples of how they're not true in every case.
- Find an example of a couple that's inspirational. If they can have true love, why can't you? You can manifest your own reality.

Reflect on how you show up versus how others show up in relationships.

- When others tell you this it can be perceived as criticism and you shut down, so you must reflect on this yourself.
- See what actions you normally take when you're triggered, like cutting people out, and try to do the opposite. Send a text back saying how you feel, ask for support, or ask for understanding. Communicate your desire for empathy and what it feels like to be you in this situation.
- Practice giving affection. Focus on how good it makes you *and* the other person feel.

Practice being vulnerable.

- You need exposure therapy for this. Slowly stretch your comfort zone and break down your barriers over time.
- Start by sharing a feeling with a friend or a family member, then share a story behind the feeling. Then talk about your needs with a friend. Relationships will be the next easy step, and your friendships will get deeper as well.

You want to go through each of the core wounds on page 5 and reprogram them. Here's an example of what to do with the "I am unseen/unheard" wound:

Look for ways that you are seen or heard. Find an example of 1 or 2 people in your life. If it's possible that they do, then why isn't it possible that others can?

- You may just need to be more vulnerable with others.

Rewire your brain to know that it's possible to be seen and heard.

- To do so you need to see and hear your own feelings first. Be able to label them, and then share them with the world around you.

Anytime someone triggers you, it'll reactivate this core wound. You will push people away because they don't get you, but you're really just further implanting this wound deeper into yourself, rather than communicating what's going on. As you get older this will keep carving deeper and deeper into your subconscious

- Instead let the trigger be the poking finger hitting a bruise saying hey, you still have this wound here! And then take steps to reprogram your brain to heal so you'll never be triggered again.

Healing this wound will actually help you manifest more people in your life who really do see you!

Tips specific to the Anxious Preoccupied:

The Anxious Preoccupied is the most likely to want to heal. This is because they can be so desperate for love, they'll do anything to get it. This attachment can unintentionally drive people away, so becoming secure is necessary to manifest the type of relationship you want.

The most important thing you need to do is build your relationship with yourself.

- This means build your self-identity, strengthen your boundaries, and meet your own needs.
- All day you may think about other people, things, and experiences outside of yourself. **This is emotional abandonment of yourself!**
- The same way if there's one day where you need emotional support, but the only person available is someone you hate, you'll think, "Heck no I don't want to get my needs met through them!" That's how you've been treating yourself. You need to break down that barrier and fix the relationship with yourself, because you've been casting yourself aside your whole life.

Focus on yourself

- When you do activities alone, practice mindfulness and really being with yourself. Don't scroll through social media, and don't think about anyone else.
- I admit this is easier said than done. Especially when you fall into a state of limerence over someone else. Meditating daily helps strengthen this ability, as well as recognizing

that you are not your thoughts, you are the observer of your thoughts. Anytime a thought of someone else comes up, notice it and then bring the attention back to yourself. This will take practice, but it's possible! It's like building a muscle.

- You are the star of your own movie, not a side character. Start acting like it!

Notice your internal dialogue

- You may think "I should be more like x, y, z". Shift your thoughts to appreciating who you are already.

Affirmations

- Every time you feel triggered remind yourself that you'll survive, and that your basic needs will always be met by yourself.

Your outer world is a reflection of your inner world

- The more you emotionally abandon yourself by not meeting your own needs, the more others will too. The more you put your energy and focus on yourself, you'll notice others start to put their energy towards you too.

*Clearing the core
wounds out of your
subconscious raises
your overall
vibration, allowing
you to manifest
easier!*

Analyze your wants versus your needs.

Write out where you have a balanced need versus where you feel desperate. A desperate need will feel like you can't live without it, or are addicted to it. A healthy need will feel like when you desire something non-addictive, like on a beautiful day when you want to go for a walk in the sun.

1. Make a list of your romantic needs.
2. Ask yourself what these needs are communicating to you about the needs you have with the relationship with yourself? For example, if you want to feel heard by others, are you truly hearing yourself?
3. Make strategies to meet these needs. Romance shouldn't be your only source to get your needs met. When it comes from other people it should feel balanced, nice, and healthy. But if it's taken away from you, it's not going to ruin you.
4. Show up for your own feelings.

Life is about finding balance and this is no exception. It will take practice, so this is more of a lifestyle change, a practice you regularly keep up. You may not need it that often over time, but you can always come back to it as a tool when life feels out of balance.

Tips specific to the Fearful Avoidant:

The fearful avoidant attachment can tend to have the most volatile emotions. You may experience extreme anger when you get triggered. This is caused by the core wound of feeling unseen, unheard, and powerless. Anger addresses all of these at once! However, it is caused by not setting proper boundaries. You are not hearing or seeing yourself, because you aren't fully connected to your own needs, and so they're being repressed and unacknowledged. Over time enough things build up so you blow up and don't understand why others aren't meeting your needs. You need to take time to figure out your needs, so you can communicate them to others in real time, and not let others walk all over you! See the exercise "Analyze your wants versus your needs" in the Anxious attachment tips.

The most important wound to heal is not trusting others.

Coping with trust wounds:

1. Define the areas you don't trust. Trust is broad, so you have to get specific about what areas you do or do not trust others. Write this down in your journal.
2. Manage your expectations. Fearful Avoidants tend to catastrophize. Because you hypervigilantly pick up on cues from others, you may give meaning to something that isn't true. For example, if your partner checks out someone else who's attractive, you may feel you could never trust them to be faithful. However, this is an unreasonable expectation which is perpetuated through unrealistic romance stories. Write down and analyze what are healthy expectations to have.
3. Speak up. Communicate to your partner that something they did made you feel insecure or that you're having difficulties trusting them. Express a need rather than project an expectation. For example, instead of saying "don't look at other women" say "I need to receive quality time from you to feel desired"
4. Isolate the experience. When your partner breaks a minor trust issue, don't let yourself believe it's bigger than it really is, or that it will happen all the time. Remind yourself that it happened one time, and after communicating it shouldn't happen again.

Healing the original wound:

1. Find the early memory(ies) this wound is tied to. Minor trust violations that cause big reactions are caused by a memory from our caregivers or previous relationship.
2. Find the meaning you give those memories. If your parent constantly told you they'd do one thing but instead did another, did you make it mean that they didn't love you?
3. Reprogram. Tell yourself that just because the people in those memories didn't show up for you, it doesn't mean you aren't loveable. They were doing the best they could with their own set of programs. And then reprogram your mind to recognize that not all relationships are like that. New relationships can exist with healthy people who have integrity! Look for evidence that those exist, and tell yourself new stories.

Final Thoughts

You've learned a lot about how to communicate with others, but you shouldn't ever expect an outcome when you communicate a need to someone else. Do it because you believe in your worth and are trying to reprogram that. This may take bravery, but allow yourself to be worthy by taking action just for yourself!

If there's someone in your life who still doesn't get it after communicating, ask yourself: Do you need to be seen and heard by this person? Or can you focus on relationships with other people who are willing to see and hear you? Know that if that specific person refuses to cooperate, it isn't because of you. It's because of their own subconscious programming that they see the world through. They're going through life unconsciously, like an NPC, just reacting to its programming and refusing to change. You need to shift your energy towards people who are more conscious. They do exist, and once you reprogram yourself to be more secure, you can manifest new people into your life who want to harbor healthy relationships with you!

You may be wondering how long it'll take to become securely attached? But as I'm sure you can guess, there is no concrete answer. It depends on where you're starting, and how much work you put into healing. But know that you didn't develop these wounds overnight, and so you won't heal overnight. This is more of a lifestyle change than a onetime process. You should start seeing dramatic improvements right away as you implement this work, but it may take months before you can consider yourself securely attached.

I applaud you for getting through this entire healing guide, and for taking the first steps to find inner peace and improve your life in ways greater than you could ever imagine. When you heal yourself, you shine a light in the world and others will be inspired to do the same. And remember, you're worthy of the greatest love in the universe!

*You are not your programming.
You are the awareness of your
programming. The same way
someone with a broken arm has a
wound, but they're still a perfect
beautiful soul the way they are.
You are perfect the way you are!
Yet perfect doesn't mean you can't
also strive to heal and grow.*

