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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 dialog 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 ...

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If so, it's likely that you suffer from anxious attachment, a fear of abandonment that is often rooted in early childhood experiences. Insecure in

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Love combines compassionate self-awareness techniques, sound advice, and the latest scientific research to help you overcome anxious attachment and clinginess. You'll learn to recognize your negative thoughts and insecure feelings and respond to them in a positive way.

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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...

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Often, people who struggle with recurrent relationship problems do so because they are “anxiously attached.” They also experience many self-doubts. Insecure In Love provides a path to more secure attachment and greater self-acceptance through compassionate self-awareness, a combination of self-awareness and self-compassion.

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According to Becker-Phelps, an anxious 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. Trying to be exceedingly competent and worthy at work. Fearing rejection or ...

When You Regularly Feel Insecure in Your Relationship

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"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 ...

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

Anxious Attachment: Understanding Insecure Anxious Attachment

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Insecure in love : how anxious attachment can make you feel jealous, needy, and worried and what you 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 yourself constantly on the alert, anxious, or ...

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