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Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It [Leslie Becker-Phelps PhD]

on Amazon.com. *FREE* shipping on qualifying offers. 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

Insecure in Love: How Anxious Attachment Can Make You Feel ...

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 ...

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Understanding Anxious Attachment. Human beings are born with strong survival instincts. One of the strongest is based on an infant's inability to survive on its own and its complete dependence on an adult for nurturance and protection.

Anxious Attachment: Understanding Insecure Anxious Attachment

Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It

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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 Paperback - Jun 1 2014. by Leslie Becker-Phelps PhD (Author) 4.3 out of 5 stars 19 ratings. See all 7 formats and editions Hide other formats and editions. Amazon Price ...

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Over time, “they develop a characteristic sense of feeling needy for attention and needing others to help soothe them,” said Becker-Phelps, author of *Insecure in Love: How Anxious Attachment ...*

**When You Regularly Feel Insecure
in Your Relationship**

Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading *Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It*.

**Insecure in Love: How Anxious
Attachment Can Make You Feel ...**

Anxious-ambivalent attachment. The main characteristic of anxious-ambivalent attachment is intense contradictions in the relationship. Like in all cases of insecure attachment, the

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root of this attachment style is having contradictory parents. They never knew what to expect as a child.

Insecure Attachment - The 3 Different Types — Exploring ...

Insecure in Love provides the self-knowledge and the tools necessary to overcome these obstacles and get you closer to feeling secure, happy, and loved in your relationships. Highly recommended for anyone who feels anxious and insecure in a relationship.”

Insecure in Love | NewHarbinger.com

Most people feel anxious or scared sometimes, but if it's affecting your life there are things you can try that may help. Support is also available if you're finding it hard to cope with anxiety, fear or panic.

Get help with anxiety, fear or panic - NHS

Has your romantic partner called you

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Make You Feel Jealous, Needy, 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 worried when it comes to your significant other, you may suffer from anxious attachment, a fear of abandonment that is often rooted in early childhood experiences. In *Insecure in Love*, you'll learn ...

Insecure in Love: How Anxious Attachment Can Make You Feel ...

A: Insecure Avoidant. A: Insecure Avoidant. Insecure avoidant children do not orientate to their attachment figure while investigating the environment. They are very independent of the attachment figure both physically and emotionally (Behrens, Hesse, & Main, 2007). They do not seek contact with the attachment figure when distressed. Such ...

**Mary Ainsworth | Attachment Styles
| Simply Psychology**

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“Insecure in Love is engaging, practical, and comprehensive all at the same time. It takes the latest theories of love and provides a useful roadmap for why couples struggle to maintain closeness. Becker-Phelps gets to the heart of the challenge and describes what individuals need to address about themselves, as well as what couples can work ...

Insecure in Love: How Anxious Attachment Can Make You Feel ...

Avoidant attachment is “I’m better off alone period. I can satisfy my own needs better than anyone else can.” Anxious-

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avoidant attachment is “I want intimacy, but I’m afraid to get too close.” I think anxious-avoidant is also known as fearful-avoidant where as avoidant attachment is typically dismissive-avoidant.

Avoidant Attachment: Understanding Insecure Avoidant ...

In general, people with an insecure attachment style have trouble connecting with others emotionally. They can sometimes be aggressive or unpredictable toward loved ones (as a result of a lack of consistency of love and affection in their childhood).

Coping With an Insecure Attachment Style

I haven’t finished reading it, but the new book *Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It* appears to be a good resource for the anxious-preoccupied.

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**Type: Anxious-Preoccupied | Jeb
Kinnison**

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