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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 dialogue 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 Love combines compassionate self-awareness techniques,

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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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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 Can...

When You Regularly Feel Insecure in Your Relationship

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Often, people who struggle with recurrent relationship problems do so because they are “ anxiously attached. ” They also experience many

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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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