

How to Change Your Attachment Style

Your attachment style is not permanent — it is not who you are.

It is just a pattern your nervous system learned.

And anything that was learned can be unlearned.

STEP ONE

Learn Your Pattern First

You cannot change something you cannot see. The first step is getting honest about how you show up in relationships.

Do you chase people who pull away? Do you shut down when someone gets too close? Do you need constant reassurance to feel okay?

Awareness creates a gap — and in that gap, you get to make a different choice.

STEP TWO

Work With a Therapist

This is the most powerful thing you can do. Modalities like EMDR, Internal Family Systems, and attachment-focused therapy are particularly effective.

A good therapist becomes what researchers call a *secure base* — someone who is consistently present. That experience alone, of being met with patience and steadiness over time, begins to rewire old patterns in your nervous system.

STEP THREE

Practice Tolerating Discomfort

If you are anxiously attached, the discomfort is sitting still when you want to chase — not sending the fifth text, letting someone come to you.

If you are avoidantly attached, the discomfort is staying present when everything in you says pull back — letting someone in, even when it feels like too much.

Growth lives right at the edge of what feels uncomfortable. Notice the urge, and try doing something different.

STEP FOUR

Choose Safety, Not Just Excitement

Many of us have been conditioned to mistake anxiety for chemistry. That nervous, electric feeling around someone unavailable feels like passion — but it is often just your nervous system in a familiar state of stress.

Start paying attention to how someone makes you feel day to day, not just in the highs. Calm, consistent, and kind is not boring — that is what secure love actually feels like.

STEP FIVE

Build a Secure Community

Romantic relationships are not the only place healing happens. Friendships, mentors, and support groups all give your nervous system evidence that safe connection exists.

The more your system experiences being met with care and consistency, the more it begins to believe that is simply how relationships work — and that belief changes everything.

Building Earned Security

This is not a fast process, and it is not a straight line.

But every time you choose differently —

every time you stay when you want to run, or pause when you want to chase —

you are building something new.

You are building earned security. And it is very real.

Protect your peace · Trust what you see · Keep growing