Chapter 1
Why We Love the Way We Do
“I know of no way to judge the future but by the past.”
(Patrick Henry)

You probably do not remember a lot about the formative years from birth to age three, yet researchers have found that these years can be the most influential in how you approach your relationships, even your adult relationships. Here’s how this works. By the sixth or seventh month of your life, some claim as early as the second and fourth month (1), you have selectively directed your attachment behaviors to one person with whom you desired proximity and from whom you would object to if you were separated. (2) If this attachment bonding is disrupted children initially respond by protesting (crying, active searching, and resisting others’ efforts to soothe), then they show despair (passivity and sadness), and finally they show emotional detachment. (3) Over time, continued or regular emotional detachment experiences can trigger long-lasting insecure attachment bonds. The consequence is that children, teenagers, and adults develop a fear of intimacy.

Adam grew up in a home where his mother struggled to deal with the energy he and his siblings had. When she was feeling overwhelmed she would threaten to leave home and never come back. Eventually the rambunctious children triggered enough anxiety in a mother who had no other coping mechanism that she left. After multiple episodes of being left alone, Adam developed a fear of abandonment and rejection. In every circumstance his mother would come back after a few hours, but as children Adam and his siblings didn’t know she was coming back.

As an adult, Adam found himself sabotaging his relationships. Initially his relationships would be fun and exciting. As the relationship progressed his fear of being abandoned would express itself and he would have thoughts like, She is going to leave me. I am not good enough for her. She couldn’t really like me. These self-sabotaging feelings eventually became self-fulfilling prophecies in which the women he dated stopped liking him because he was overly needy and demanding. In our sessions I introduced him to the model I’m about to share with you. His change began when he discovered how his fears developed.

I recognize that many people grew up in homes where they did learn to love in healthy ways. However, even then a sense of healthy attachment is not secured. We have discovered that it takes only one powerful negative event to alter one’s perception of love in relationships. For example, Alisa grew up in a loving home where her parents attempted to teach, love, and protect her. When she was age thirteen she went against her parents counsel and started hanging around friends who were drinking and partying. On one occasion she ignored her parents’ advice and ended up being date raped. This event changed her life dramatically. The trauma she experienced was completely overwhelming to her. She was in shock of what had happened to her and didn’t know how to respond. Unfortunately, she chose to hide this secret from her family. Soon she felt disconnected from them and they didn’t know how to help—because they didn’t know the real problem. Inside, she felt guilty and ashamed because she had openly gone against her
parents’ advice. Feeling like she no longer could turn to her parents and feeling ashamed, she began a life of heartache and pain.

During the next few years she became more promiscuous and got into drinking and drugs. She ended up becoming addicted to drugs. She married an abusive man and while in this relationship she almost lost her life. In our discussions she pointed to key decisions in her life that broke her trust in others and herself.

Clearly there are moments, events, and experiences that can alter one’s perspective of love and relationships for years – sometimes an entire lifetime. Some of the key events may be a parent’s divorce, all forms of abuse, childhood neglect, peer rejection, controlling parents, etc. If these experiences are not understood and put into perspective where healing can occur, one’s personal love style may be seriously damaged.

Through research and clinical experience I have discovered that one of the most powerful ways to help individuals who have unhealthy love styles is to identify their attachment patterns that were established early in their life. We must look at how we learned to love. Who taught us to love? How effective were they? We simply cannot ignore the research findings about attachment -- early childhood, childhood, teen years, and even the young adult years -- and its influence on adult attachment behaviors. Dr. John Bowlby (one of the leading researchers in this area) once said, “Attachment is an integral part of human behavior from cradle to the grave.” (4)

So what happens when a child (roughly 40% of the population—according to research) (5) does not form a healthy attachment bond with their parent’s or the parent they identified with the most as a child? Or what happens to children who experience a challenging parental divorce? Or how does a child respond to neglect and rejection? Do they carry this into their adult years? Can individuals who lacked childhood attachment develop healthy attachment bonds in their adult relationships? If no, are they stuck with disappointing and discouraging relationships? If yes, what is the secret to overcoming insecure attachment bonds? The rest of this chapter addresses these questions and will help you explore your attachment style.

Three Distinctly Different Love Styles

Before I introduce the three love styles in-depth, I would invite you to take a brief “Adult Relationship Attachment Test” found at the end of this book or online at www.growthclimate.com. When you take the test online you will be given personalized feedback based upon your answers. If you are in a relationship it would be helpful for your partner to take this test as well.

Each of us has an innate desire to connect with other human beings. Yet when this connection does not happen and a safe attachment bond is not secured apprehension, anxiety, and fears tend to increase. Conversely, when secure attachment bonds are created comfort, trust, and security develop. Researchers have identified two separate
types of insecure attachment and one type of secure attachment styles. These three types of attachment styles are as follows:

1) **Anxious-ambivalent** -- This occurs when a child experiences inconsistent responsiveness which contributes to an expectation that close relationship partners are unreliable. Individuals who experience this type of environment often grow up having a sense of abandonment and feelings of neglect. If carried into adult relationships these individuals often struggle in the following ways:

1. Experiences many emotional ups and downs in relationships.
2. Needs a relationship to feel secure.
3. Struggles with jealousy.
4. Is waiting for something to go wrong in the relationship.
5. Pushes for commitment.
6. Has a hard time feeling connected or close in a relationship.

2) **Avoidant attachment** -- This develops when individuals experience frequent rejection, inhibitions on physical affection, and intimate emotional expressions are not present in relationships. These experiences lead to avoidance of closeness, extreme self-reliance, and a habit of regulating anxiety by keeping oneself distracted. In adult relationships this type of attachment commonly leads to the following:

1. Has a fear of closeness.
2. Has a belief that people are not trustworthy.
3. Feels that others are not dependable.
4. Doubts that his or her relationships will last.
5. Has relationships where his or her partner wants more closeness, but does not allow this to occur.

3) **Secure attachment** -- The third identified love style has been called secure attachment. Secure attachment bonds are formed when dependability, consistency, and trust are formed in the relationship. Those who have developed a secure attachment bond with others are comfortable relying upon others and are comfortable in close relationships. In general these individuals develop healthy intimate relationships in their adult relationships. The most common characteristic traits are noted below:

1. Develops trusting relationships and friendships.
2. Has genuine self-confidence.
3. Believes in enduring love.
4. Is generally a positive person.
5. Creates a positive environment in relationships.

Below is a graph that illustrates these love dimensions in the areas assessed by Drs. Hazen and Shaver in their work on attachment. An X is placed in the areas where these groups diverged the most.
So why does all of this matter? Your level of comfort in attaching to others will likely determine whether your relationships last or fail. It may sound like I am simplifying things, but researchers have discovered that individuals who are secure in their relationships have been married longer to the same person than individuals who have formed insecure attachment styles (avoidant and anxious-ambivalent). Furthermore, secure individuals are less likely to divorce than either of the other two groups. These findings suggest that developing the characteristics congruent with secure attachment style should lead you to a more healthy intimate relationship.

If you are asking the question, “What if I am avoidant or anxious-ambivalent; how do I change?” You are asking the right question.

Before I address this question let me explain the importance of your new awareness. Many people live in denial of their past. They attempt to ignore it and hope it will somehow disappear. Everyone has a past; it is something from which we cannot escape. My experience has been that painful, hurtful, negative experiences do not magically vanish. Instead they manifest themselves in unhealthy relationships, addictive behaviors, depression, and anxiety.

Why don’t people want to face their past? It is human behavior to avoid pain. When individuals do not know how to resolve their pain they avoid it at all costs. Consequently, they attempt to forget their past while it lingers inside of them. Even with this pain they still attempt to form relationships (which often fail due to unresolved pain from the past). Their efforts to form an intimate relationship are much like leaving a nail stuck in their foot and hoping that the pain will somehow go away. As they try to ignore their past, they approach their current relationships almost blind to what their personal fears and challenges will be in their new relationship. This approach seldom works.

Researchers who study attachment have discovered that attachment insecurity manifests itself on the basis of denying negative experiences; presentation of an overidealized picture of parents; or a continuing preoccupation with parents associated with confused, incoherent concepts and unresolved anger. These same researchers then suggest that “it is important for healthy personality development to have access to memories of painful
experiences, to come to terms with them, and to integrate them into a positive view of the self.” (7).

This is where we now must turn our attention so that we can begin the journey of reaching our full love potential.

Let’s explore the key points from above.

Access memories of painful experiences

Your mind is absolutely incredible. It has the capacity to process a phenomenal amount of data every second of every hour of every day even while we are sleeping. However, out of necessity it simplifies its work by only paying attention to details or items that are of value, a threat, unusual, or a special need. If information coming in does not fit into one of these categories your mind automatically sends the data to the memory banks without paying much attention to what has just occurred.

However, when an individual experiences a negative event (e.g. parents fighting, abuse), these memories are often so negative that the mind triggers an emotional response that is encoded in the brain and becomes easily accessible for future retrieval, rehearsal, and reencoding process. In other words the child remembers the experience and develops a response of how to act and feel under similar circumstances. As one writer said, “The brain can be called an ‘anticipation machine,’ constantly scanning the environment and trying to determine what will come next. (8) Under these circumstances if the child is not given the opportunity to discuss these events with others they may not be able to make sense of these negative experiences, and thus may be left with recurring fragments of memory that are associated with highly negative affect that cannot be resolved. (9)

Under highly stressful experiences the mind may attempt to block out the negative memories completely. Yet, these memories are not lost and when not discussed or resolved they can create high levels of stress, physical illness, depression, and anxiety in individuals. Due to blocking out these negative memories these individuals may not even know why they constantly experience negative thoughts and feelings. They do not understand why they have fears in their relationships. The reason for this is that while the mind is attempting to push the hurtful memories away, it still has the memory associated with the unresolved pain that needs to be resolved. The mind is designed to solve problems; when it cannot it becomes frustrated.

Let’s examine how this information relates with negative experiences as a child. Painful memories are recorded because they are accompanied with some type of threat or unusual event. For example, if your parents sit you down to discuss their pending divorce your mind will likely pay very close attention to the details -- not necessarily what they are saying, but where you are and how you feel. This is an event that will permanently change your life so of course your mind will feel threatened. You may worry about safety. You may worry that your parents could stop loving you. You may feel scared but
not know why. Regardless, news of a pending divorce often puts a child’s mind into a mental state of shock.

In most instances, painful memories like this are not isolated. Children remember the day their parents told them about their divorce, but in many instances this is the culminating event of years of hurtful and negative experiences. An accumulation of many painful memories and events establishes unhealthy expectations of relationships. For example, in her book *The Unexpected Legacy of Divorce*, Judith Wallerstein found that it is common for children who experience their parents divorce to believe “that relationship failure is inevitable.” ( )

Learning to access these painful memories can free your mind from the emotional pain and unhealthy relationship beliefs. However, it is important to understand that a child’s mind does not have the ability to come to a healthy understanding of what has occurred without the proper environment. Therefore, if the child does not have a safe place to talk, in an effort to compensate for a lack of understanding about how to deal with the painful memories, the mind develops a defense mechanism to cover up challenging experiences. After all, how can a seven year old make sense of being physically abused, left alone for hours at a time, never feeling valued, or that his parents are divorcing. The mind of a child this age cannot possibly understand that his parents were not capable of nurturing and loving him as needed because of their personal issues. In such circumstances he learns that if he is going to survive he has to learn how to make it on his own. He then overcompensates by pushing people away and becoming overly self-reliant -- trusting no one. Over the years, he has surface-type relationships because trusting in others is dangerous and risky business. Clearly he has developed an avoidant relationship attachment style -- and who would blame him?

Contrast this with the young woman whose mother left her at a young age. Her father eventually remarried but her step-mother was cold and uncaring. Her father was busy and uninvolved in her life. She longed to be held and cared for. She desired someone, anyone, to love her. In her early teen years she went from one relationship to another trying to get the attention of guys. She was beautiful which helped her get the attention, but none of these relationships lasted. She was needy. She wanted more attention than the guys could offer. She was continuously disappointed in relationships until she met John who swept her off her feet at age 17. A year later when she graduated from high school they got married. She needed constant reassurance that he loved her. Gradually, he pulled away from her because of her constant clamoring for his attention. Within a couple of years he had an affair and was threatening to leave if she didn’t get help.

She brushed aside his affair, took responsibility for his actions and accepted her fate because she didn’t want to be alone. Besides, he did show love to her when she did everything he wanted her to. Her approach to relationships parallels the behaviors of individuals who demonstrate anxious-ambivalent attachment style.

Stories like these are happening everyday around us. So how do we break these patterns? Soren Kierkegaard once said, “Life can only be understood backwards, but it must be
If your story is similar to either of these mentioned above, it is time to understand your past so it no longer feels like a ball and chain wrapped around your life.

**Steps to Accessing Your Past**

In the first step you will need to identify what parts of your past trigger the most pain inside of you. Your mind has probably blocked or attempted to hide this information because it was too difficult to understand as a child. All you remember are the painful memories. The exciting thing is that your mind has the capability to makes sense of the past in a logical and healthy way. I can assure you that as you begin to understand your past you will set the mind demons free for good so that you can live your life forward as Kierkegaard has encouraged.

Here’s how to access this information. Take out a piece of paper and begin writing about your most hurtful memories and experiences. As you write mention the specific details of your experience and the emotions associated with your memories. Below is an example of how this could be done based upon the stories above.

**A Boy’s Memory** As a young boy I was always alone. I remember having to fight for everything I ever wanted. I was the one responsible for taking care of my family. I was never thanked or given even a word of appreciation. I remember on more than one occasion where I had to find where my dad was and get him home safely; he was always drunk. I remember the time he threw up on me. These thoughts make me so angry at him. No wonder I still cannot stand him.

*Therapist interjection: Let me take a brief break here and make a comment. You see how open this person is with the experiences of what happened. His writing is beginning to bring up true emotions and feelings that have been buried for years (e.g., anger and fear). With this type of true emotion we can now explore the deeper emotions.*

**A Boy’s Memory (Cont’d)** My therapist has asked me to look beyond anger. What was I feeling as a boy? Honestly, I felt scared and hurt. Why did I have to fix everything? I was so alone. So isolated. I felt like I had to hide everything that happened from my schoolmates otherwise I would be made fun of. I was always embarrassed by my family. Others would make comments about my family and I would end up getting into a fight. Nobody understood me.

*Therapists interjection: Notice how anger was covering up feelings of being scared and hurt. In exploring his true emotions his feelings of being alone, isolated, and ashamed came out as well. These types of feelings have been trapped inside this man’s mind for years. Normally when he would think about the past all he would feel would be anger. As he learns to unlock the true and deeper emotions he is taking the first step to removing the pain for good.*
In the next part we will discuss how to come to terms with the memories and the people who were a part of this pain. However, before we do this let’s evaluate the story of the young girl.

A Girl’s Memory  I remember vividly the day mom left. At that time I was so scared. Dad didn’t know what to say other than to say we would be okay without her. I remember I didn’t believe him. He was so busy. I felt so alone and abandoned. To this day I still do not know how a mom can leave her children. It still makes me sad and angry when I think about what my mom did.

Therapists interjection: Memories like these have likely been bottled up inside for years. How does a person make sense of being abandoned by a mom? Generally, they turn it upon themselves (something is wrong with me) which often leads to depression or they clamor for outside validation and acceptance (e.g. peers, relationships). Notice in her writing she was able to identify sad and angry feelings. Now what should she do with these memories? Let’s help her come to terms with them.

Come to Terms with Memories and the Past

In the stories shared above both individuals discovered the key emotions that triggered their hurt and pain. In both situations their initial feeling was anger, which makes sense given their background and experience. They were literally let down by the people who should have cared the most for them.

During the past few years I have reviewed and pondered research to understand how individuals dealing with high levels of abuse, neglect, abandonment, or rejection can make a transition from feeling low trust in relationships to developing a deep intimate trusting relationship. How can individuals who have legitimate fears listen to their true inner desires and find a healthy relationship?

As I have contemplated this question, the evidence points to key areas that have to be resolved in the mind. Based upon my research and clinical experience, here’s the process of how individuals come to terms with negative memories and experiences.

#1: Be honest about the pain.

You will notice that the first step above focused on accessing the truth about the past. You cannot overlook negative experiences from the past and assume that they will fix themselves. According to research findings self-disclosure about difficult life circumstances are critical for overall health and well-being. Researchers have found that individuals who experienced some form of traumatic event in their childhood (e.g. sexual or physical abuse, death or divorce of parents) were more likely to report current health problems if they had not disclosed the trauma to others than if they had divulged it. (11) Perhaps the greatest way to help one’s mind heal from negative life experiences is to identify the facts associated with the trauma and the emotions that accompany the memories of the experience. (12)
The value of accessing the negative memories from the past can be found in processing the event so that your mind can make meaning what happened. This model allows you to assimilate, reframe, and find meaning rather the keep the negative emotions bottled up. Far too many people attempt to hide from their past because they fear the emotional pain that accompanies these negative memories. This prevents a true healing to occur.

There are many ways to access emotional trauma in the mind. One powerful cost effective way that you can do right now was identified by Dr. Pennebaker, a psychologist. In his extensive research his assignment was relatively simply. He asked participants to describe an upsetting event and to report any feelings they had about it. They were asked to write for 15 minutes each night for four consecutive evenings. His findings are remarkable. He discovered that expressing frustrations and negative experiences reduces mental health issues such as depression and increases physical health. Clearly, letting out the inner turmoil and pain through writing is cathartic to individuals. The only caution he found is that initial writing increases one’s negative moods and can lead to temporarily increased levels of stress.

Another method of letting out the inner pain occurs in therapy offices and friends’ homes every day. For one woman it occurred this way. As a 19 year old girl she was taken advantage of by her step-brother while she was sleeping. Feeling guilty and ashamed, she didn’t dare tell her mother because she was worried of what it would do to her family. She carried this burden for more than 30 years until she came into my office. After a few sessions we began discussing areas of her life where she felt the most emotional pain. She began to tremble as if something very negative was happening to her (this is what I call emotional shock). Trembling she said, “I have been carrying this burden with me for many years and I am afraid to tell anyone.” To which I said, “You don’t have to tell me if you are uncomfortable.” This seemed to give her the freedom to open up and share her experience. In the process of sharing her story a tremendous burden was lifted from her mind. Ironically, after sharing her story with me she began sharing it with her family members whom she had feared would not understand her. Not only did they understand her, they had great compassion and empathy for her. Her ability to be open and honest about her pain began her healing process.

Her work wasn’t done. Now she had to come to terms with her memories and what happened to her. Even in the journaling process, letting the pain out through writing is not the end. The mind still needs to somehow understand how to give meaning to what it has experienced.

#2: Understand the memories and begin letting them go.

Most painful memories that trigger a lot of discomfort create what I call trapped emotions. Trapped emotions come from painful experiences that the mind does not know how to resolve. When the mind cannot resolve the pain, it instantly invokes an emotional response telling the body to be prepared. In essence, the mind is alerting the body that something negative could happen so be prepared. This is why many people can instantly feel anxiety and fear without much to provoke it. It is as if the mind were reliving the
event. In most instances, instead of replaying the whole memory the mind remembers the pain and hurt and then seeks refuge in avoidance behaviors and tactics that prevent it from reliving all of it. Unfortunately, this approach leads to trapped emotions and prevents individuals from making meaning of their experience.

Here’s an example of how this works based upon the story shared above. Each time this woman recalled what happened to her as a 19-year old she felt ashamed and guilty, like she had done something wrong. Consequently, every time this memory came into her mind she felt overly anxious and agitated. Instead of seeking resolution to the pain, her mind would feel the anxiety and quickly turn to another behavior (e.g., eating, watching TV, etc.). The consequence of running from the pain manifest itself in her marriage. She struggled with physical touch and sexual intimacy because it reminded her of being violated by her step-brother. Only when she began to give a new meaning to her painful experience did she begin the healing process.

When she discovered that the abuse that had occurred to her didn’t make people think less of her she opened up even more. She shared how scared and ashamed she felt. She said, “I was 19 and should have known how to stop him. Yet, all I did was pretend I was asleep because I didn’t know how to respond.” She then realized that her lack of responding was not her fault; she was asleep and was only awakened by his inappropriate touch. These awarenesses were crucial for her. Soon she was expressing more hope and excitement for her life. The burden of her past and the trapped emotions no longer ruled her thought processes.

#3: Understand that misbehavior is learned.

Coming to terms with why things happened the way they did in your childhood is very helpful in making sense of negative experiences. In almost every case where adult attachment issues arise, I see individuals that cannot understand their parents’ behavior. As a child they assumed that there was something wrong with them or they knew something was wrong with how they were being treated, but they couldn’t do anything about it. Now as adults they are angry, upset, and hurt that they were not adequately cared for. However, as adults they now have the opportunity to step back and look more clearly at why their parents acted the way they did. In almost every situation that I work with they come to realize that their mom and/or dad grew up in an environment that created their misbehavior. They realize that grandpa was a drunk as well. Or that grandma was abused as a child and passed on similar traits to her children. The key concept is that our parents do the best they can with what their life experiences have been. No parent wakes up in the morning thinking, “How can I mess up my child’s life today?” It is often very freeing when individuals realize that their parents simply didn’t know how to parent. They didn’t have the right knowledge or tools to work with. In many situations they are just surviving on their own. It is a truth that when parents have never learned how to create healthy connections, it almost always carries over into their parenting. This is the most common reason why parents are unavailable to nurture their children.
Assignment: Evaluate your grandparents’ lives. Did they have healthy relationship skills? How are your parents alike or different from their parents? What traits or behaviors do you see that they have in common? Did your parents parent the way they were taught or did they do things differently?

After clients complete this assignment, I invite them to be chain-breakers. Most of them realize that their struggle for intimacy and healthy attachment in relationships is not unique to them. They discover that few if any in their immediate family have discovered how to have healthy relationships. My invitation to them as adults is to live life proactively rather than with the life scripts their family has been living for generations. Chain-breakers alter the generations of unhealthy behaviors that have been passed down from generation to generation. This concept often excites clients as they realize that they can be proactive in their relationships. They can break the chain of unhealthy attachment relationships.

Integrate the memories and past into a positive view of the self

We are all born with high-self worth. It is life’s experiences that cause us to question our worth and value. After discovering the memories from the past and then making meaning of them, it is now important to integrate these memories and your past into a positive view of yourself. This is completed by rediscovering your true identity (a person who is of incredible worth and value). Our true identity is one of infinite worth and value, even if people in our past haven’t treated us as such. Remember, people who treat us poorly are likely struggling with their own issues and problems.

If you (like most people) have based your worth upon the validation of others, you have likely been let down. This is why it is so important to recognize that our worth cannot come from others, it comes from within. Each of us has an internal knowledge that we are good, this belief comes from our internal spirit given to us by God. In the bible it reads, “The Spirit itself beareth witness with our spirit, that we are the children of God…” (Romans 8:16). Children of God are of infinite value and worth -- each and every one.

The process of reclaiming a positive view of self is accomplished first and foremost by recognizing your true value. The following story illustrates our true value. A woman was teaching a group of young men about their worth. She asked for a volunteer and a young man raised his hand and joined her. As she was discussing the worth of individuals she handed him a clean and crisp five dollar bill. She asked if he wanted it. He said, of course. Then she said, before I give it to you can I see it. He said, sure. After receiving it she crumpled the beautiful five dollar bill up in her hand. Then she asked him again if he wanted the money. Again he answered in the affirmative. Why, she asked, “Because it is still worth five dollars.”

Much like this story, many people have been crumpled up and stepped on. Their life experiences make them feel that they are not worthy of being kept safe. (14) They
question whether they deserve love and whether they are loveable. Indeed, they have forgotten their true worth and value. Their mind remembers all of the negative experiences and plays these painful memories over and over again. Unfortunately, they cannot recollect their original feelings that they are of worth, they have forgotten. Even with the challenges of the past looming in the mind, however, there is in each of us a strong desire to be freed from the negative self-talk and the fears that run through the mind.

One way to accomplish this is to transitioning from a fear-based person into a purpose-driven person. A purpose-driven person realizes that they can take charge of their life. They understand that their self-worth begins from within. They realize that experiences from the past do not have to dictate how they feel about themselves now. Past experiences do not change one’s value, just like the five dollar bill. Our infinite value and worth can never be taken from us. People can try as they might to destroy the soul of man, but the resilient man gets up from being beaten down to say, “I am a good person who knows my own worth.” Nobody can take away your true worth. Don’t ever internalize the idea that you are not of worth. In chapter four there is more discussion on how to live a purpose-driven life.

Each of us has to make a decision about our worth. This is what we call our self-concept. This is the very core of how we see life and how we interact with others. Our self-concept determines how confident we are and how successful we are our relationships. Those who understand their true worth avoid living their life based upon past fears and worries, but instead they choose to live life with clear expectations that life will be what they make of it. They begin to associate with people who treat them with value and respect. They treat others with the same behaviors. The purpose-driven person realizes he can create deep and intimate bonds because he was created for that very purpose.

Upon rediscovery of one’s true worth a light and energy returns to their lives. The negative beliefs that they hold about themselves change for good. The light they carry within begins to radiate a love for self and others. They attract people who are like minded. They sense a refreshing wholeness for self and life. Previously established barriers are taken down and replaced with close friendships and secure intimate relationships.

This process can be very exciting to individuals who have been living with the albatross of their past memories. There is no need to live with insecure attachment bonds in relationships. My invitation is to spend time discovering what healthy relationships look like. Discover how healthy people treat each other and imitate behaviors that are virtuous, lovely, or of good report. As you read section two in this book on intimacy, focus on increasing these types of intimacy in your relationships. The outcome will be that you develop healthy intimate relationships based on principles. As you do so you will become a more loving human being who is confident and expects to succeeding in all relationships.
In the next chapter the focus is on avoiding the great disillusionment—filling your life with empty intimacy and ultimately living a loveless life. You will learn the common elements that prevent intimacy and how you can avoid them so that you can make the right kind of love.
References:


