

Healing Insecure Attachment

# RESTORE YOUR RELATIONSHIP

*with Bryan Franklin & Jennifer Russell*

**Restore, Regulate, & Respond To  
Relationship Triggers**

## 3 COMMON ATTACHMENT PATTERNS

Attachment theory basically divides the world into three groups (there are exceptions, but here are the broad strokes):

- 1) **Securely attached people:** These people fundamentally know they are loved, deserving of love, and good at loving others. They are likely to have healthy, happy love relationships.
- 2) **Insecurely attached people, tending toward "Anxious":** These people fundamentally fear abandonment, doubt if they are loved, and continually try to close the gap between themselves and those they love, often leaving their loved ones with the feeling that they are needy and smothering. Someone who has the anxious pattern might think that love is threatened when their partner is just expressing normal and healthy autonomy (wanting to spend a weekend apart, having different interests, wanting to sleep without touching on a hot night, or not being 'in the mood' from time to time).
- 3) **Insecurely attached people, tending toward "Avoidant":** These people fundamentally fear engulfment, doubt if they can love fully, and continually try to create more distance between themselves and those they love, often leaving their loved ones with the feeling that they are aloof and stand-offish. Someone who has the avoidant pattern might think that freedom and individuality is threatened when their partner is expressing normal and healthy closeness (wanting to interrupt your work with a kiss or a loving text, wanting to spend the night multiple nights in a row, wanting to drive together instead of separate, wanting to hold hands or walk arm in arm).

If you very frequently feel crowded in by your lover, it's more likely that you are insecurely avoidant than that they are always crowding you in. If you feel your partner never pays enough attention to you, it's more likely that you are insecurely anxious than that they aren't actually showing you love and care.

## UNDER DEVELOPED BELIEFS

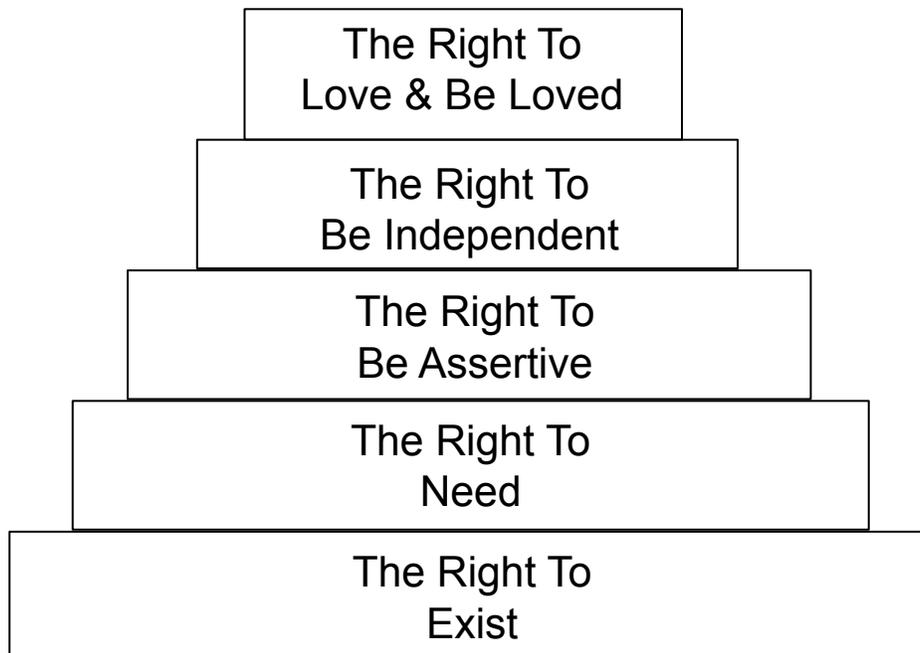
Our experience is that the insecure attachment patterns arise from underdeveloped organismic rights, such as the right to need and the right to be independent.

## ORGANISMIC RIGHTS

This is a concept developed by an Austrian Psychoanalyst named Wilhelm Reich that outlines a series of developmental stages that every child goes through. They are something you can't be without. They can't be taken away.

When a child is less than completely successful at navigating through a stage, it is believed that the results get stored in your body... as "body armoring" and the energy gets stuck in the pattern. The unresolved parts of us are not fully available for us in the next stage as we move into adulthood.

## REICH'S 5 ORGANISMIC RIGHTS



## INSECURE ATTACHMENT PATTERN BELIEFS

If you **fully** develop these 5 organismic rights you can develop healthy higher order beliefs which lead to healthy secure relationships.

Each of us has beliefs that are consistent with these rights. Each of us has beliefs that are inconsistent with these rights. Each under developed right can express itself directly or as an overcompensation. These stuck energy patterns likely formed when you were young and in your first few years of development can show up in your relationships in unhealthy ways.

- 1. If you don't trust your right to exist...**  
You will believe in the illusion of annihilation and that your environment and the people in it are dangerous and unsafe.
- 2. If you don't trust your right to need...**  
You will believe in the illusion of scarcity and that you will be abandoned and helpless if you share your needs.
- 3. If you don't trust your right to be assertive...**  
You will believe the illusion of conditionality and that you will only be loved as long as you are good, compliant and self sacrificing
- 4. If you don't trust your right to be autonomous...**  
You will believe the illusion of separateness and that it would be possible to permanently lose belonging if you were too independent.
- 5. If you don't trust your right to be love and be loved...**  
You believe the illusion of insignificance and apathy and that you will be rejected when you open your heart.

In our experience insecure attachment is primarily derived from an inadequate right to need for anxious patterns and an inadequate right to be independent for avoidant patterns. The following exercise focuses on restoring those two organismic rights.

## SECURE ATTACHMENT EXERCISE

This exercise will help you anchor in your body and neurology a fully developed right to need and be independent (and still belong).

Do this exercise everyday for the next 5 weeks and notice how the old insecure attachment patterns seem more feeble and the underlying truth of these organismic rights begin to feel more real.

1. Write down the following phrases each on a separate sticky note or piece of paper:  
#1 "I have the right to need"  
#2 "I have the right to be autonomous (and still belong)"
2. If you tend to be anxious, use the 1<sup>st</sup> phrase. If you tend to be avoidant, use the 2<sup>nd</sup> phrase. Often people exhibit both in their lives and are served by doing each phrase. We highly recommend this.
3. In the mirror say out loud 'I have a right to need.' Notice what reaction you have.
4. First relax your breathing and say it again.
5. Then focus on relaxing your facial muscles and say it again.
6. Then focus on dropping your voice into your belly and say it again.
7. Then focus on your arms and upper body staying still and say it again. Make sure to relax any tension you feel in your muscles, shoulders, arms, and back and keep them still.
8. Then focus on your lower body. Still and relaxed and say it again
9. Breathe in and out a few times
10. Now Replace it with "I have a right to be independent (and still belong)" and repeat.

This is your minds way of retraining your body - releasing stuck energy and restoring you to a healthy, secure adult state. Do this 5 days a week for at least 5 weeks. Repetition over time will be effective in re training and anchoring these new beliefs.