

Guide: Building Self-Trust to Secure an Insecure Attachment Style

Understanding Self-Trust and Insecure Attachment

Insecure attachment often stems from early experiences that have undermined our trust in others and ourselves. Self-trust involves having confidence in your own abilities, judgments, and worth. By strengthening self-trust, you can reshape your attachment style and cultivate more fulfilling connections.

Do I Lack Self-Trust?

Check all that apply

- I often question my decisions, abilities, and judgments, seeking validation or reassurance from others.
- I set unrealistically high standards for myself and feel inadequate or anxious if I don't meet them.
- I avoid new experiences or challenges due to fear of failure or not being good enough.
- I find it challenging to make choices independently, fearing making the wrong decision and facing negative consequences.
- I disregard my gut feelings or instincts, relying more on external opinions or advice rather than trusting my inner guidance.
- I struggle to assert my boundaries and often say yes to things I don't want to do.
- I am overly critical of myself, lacking kindness and understanding towards my shortcomings or mistakes.
- I have a deep-seated belief that I don't deserve success, happiness, or love.
- I am overly sensitive to perceived criticism or rejection, fearing abandonment or disconnection.
- I prioritize the needs of others at the expense of my well-being.
- I struggle to trust others in relationships.

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Do I Lack Self-Trust?

If you checked off more than 5 boxes, you may struggle with a lack of self-trust. However, by recognizing these signs in yourself, you can cultivate self-trust through awareness, self-compassion, and intentional practice. Building self-trust is a transformative journey that can positively influence your attachment style and relationships. Remember, every step you take towards trusting yourself is a step towards healthier and more secure attachments.

What Do I Do Now?

Step 1: Develop Self-Awareness

Take time to understand your attachment style and its origins. Notice recurring thoughts, feelings, and behaviors in different relationships.

- **Reflection question:** In what ways does my insecure attachment get in the way of my relationship with myself and others?

Step 2: Validate Your Emotions

Acknowledge and accept your feelings without criticism. Validate your emotions as reasonable and important signals.

- **Reflection question:** Complete the sentence: Of course I would feel _____, because it's valid to feel this way when _____.

Step 3: Practice Self-Compassion

Treat yourself with the same kindness and understanding that you would offer to a loved one. Embrace imperfections and learn from mistakes without self-judgment.

- **Reflection question:** What would I say to a loved one if they were going through what I was going through? In what ways am I good enough?

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What Do I Do Now?

Step 4: Set Achievable Goals

Start with small commitments to yourself and follow through. Each completed task builds confidence and reinforces trust in your ability to meet your own expectations.

- **Reflection question:** What are some of my needs that I have been neglecting to meet?

Step 5: Build Supportive Relationships, Practice Boundaries

Surround yourself with people who value and support you. Practice setting boundaries with people who require you to abandon yourself.

- **Reflection question:** Who in my life respects my wants and needs as an individual? Who in my life doesn't, and how can I honor myself more in this relationship?

Step 6: Build a Supportive Relationship with Yourself

Invest time in activities that bring you joy and fulfillment. Pursuing your passions fosters a sense of purpose and confidence.

- **Reflection question:** What are my values? What are my wants? What are my needs? What do I like and dislike? What are my goals?

Step 7: Focus on Personal Growth

Invest in personal development and growth. Acquire new skills and knowledge that boost your confidence and expand your capabilities. Trust that you can make decisions that you agree with and handle setbacks that are tough.

- **Reflection question:** What insights or lessons did I take away from this experience? How can I use this experience to cultivate a greater sense of resilience?