

# Insecure In Love How Anxious Attachment Can Make You Feel Jealous Needy And Worried And What You Can Do About It

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Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do about It Leslie Becker-Phelps New Harbinger Publications (May 1, 2014) Softcover \$1695 (192pp) 978-1-60882-815-9 Exercises for mindfulness increase the wisdom in this book of relationship advice

#### **Secure and Insecure Love: An Attachment Perspective**

Further studies of insecure scripts (Ein-Dor, Mikulincer, & Shaver, JPSP, 2011) In five studies we identified two kinds of scripts that insecure people activate in response to threats: - A sentinel script, characteristic of anxious individuals, focuses on possible threats, helps detect them quickly and communicate about them to others (which can

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### **Developing Secure Attachment**

Sep 08, 2018 · Anxious people tend to be self-focused when engaged in supposedly caring/altruistic actions, leading to intrusiveness, poor assessment of others’ From: “Secure and Insecure Love: An Attachment Perspective” Phillip R Shaver, PhD Hundreds of studies using self-

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insecure and anxious/ambivalent attachment style on a seven-point Likert scale, ranging from “strongly disagree” (1) to “strongly agree” (7) To measure each attachment style, the items corresponding to three paragraphs aggregated to form three attachment indexes, ...

### **Attachment Style and Its Influence on Aggression Janelle E ...**

love, loneliness, anger, and grief in adults,” (Hansen, Waage, Eid, Johnsen, & Hart, 2011, p An Insecure Avoidant attachment is defined as a distant relationship in which the indicated that individuals who experience an anxious attachment style are more likely to be victimized (Kuijpers, et al, 2012)