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technique that can help you recognize your negative thoughts or unhealthy behavior patterns and respond to them in a nurturing way - rather than beating yourself up. You'll also learn how insecurity can negatively affect healthy dialogue between you and your partner (or potential partners) and develop the skills needed to stop you from reverting

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No one wants to admit that they possess these qualities; but if you find yourself constantly on the alert, anxious, or worried when it comes to your significant other, you may suffer from

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Often, people who struggle with recurrent relationship problems do so because they are “anxiously attached.”

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According to Becker-Phelps, an anxious attachment may manifest in: Trying to earn another person's attention or support by being overly nice or giving. Pleasing others without focusing on your own feelings, needs or desires. Trying to be exceedingly competent and worthy at work. Fearing rejection or ...

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"For someone with anxious attachment style, it can feel incredibly uncomfortable and emotionally painful if the person they're dating doesn't call them back within a few hours, respond to a text,...

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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] -- "Has your romantic partner called you clingy, insecure, desperate, or jealous? No one wants to admit that they possess these

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