



*with Dana Grindal and Laura Gallier*

[FearlessAndFreeCommunity.com](http://FearlessAndFreeCommunity.com)

**PODCAST EPISODE 52**  
**Healing Insecure Relational Attachment- Part 3**  
**Disorganized/Fearful Relational Attachment**

**PRAYER EXERCISE**

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

*Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection.*

1. **Disorganized/fearful attachment, also known as shame-based attachment, is the result of childhood verbal, emotional, or physical abuse, where the child's experience of love is one of pain, rejection, and shame.**
  - a. Check in with your own heart.
  - b. Does this resonate for you, or someone you know?
  - c. If so, please know that abuse is not love. It was not your fault. You did not deserve it, or cause it, and it does not define your worth.
  - d. Pray: *Lord, is there anything You want me to know about any of my past situations that are affecting my life now?* Pause and listen.
  
2. **Individuals who have experienced childhood abuse or neglect may have disorganized fearful relational attachment, as indicated by the following:**
  - a. My inner world of thought and emotion is chaotic and confusing.
  - b. I struggle to interpret what I am feeling and to regulate my emotions, so I lack emotional stability and consistency.
  - c. I live with constant shame and condemning self-talk.
  - d. I find it very difficult to trust others and receive love.
  - e. I am not used to easy-going relationships.
  - f. I crave conflict, intensity, and even pain.
  - g. My relationships tend to have constant friction and discord.
  - h. I live with a continual belief that I deserve punishment from God and from the people I'm close to because I am rotten and worthless.

Make note of any of these that feel true for you, noting any emotions you are feeling now.

- 3. The inability to recognize true love and receive love affects your closest relationships, including your relationship with God. To heal from the pain of the past, the lies about ourselves, and lies about love that come from that pain, we have to replace it with truth.**
- a. To begin healing, pray as you read 1 Corinthians 13. Recognize any of the descriptions of true love that have not felt true for you.
  - b. Write those out on a piece of paper (or type them on your computer or phone notes).
  - c. Recognize any lies you have believed about yourself. “I am rotten.” “I am unlovable.” “I am unworthy.” “I am worthless,” etc.
  - d. Write those out on a piece of paper (or type them on your computer or phone notes).
  - e. Jesus died to pay the price for all sin that would ever happen—every hurt, harsh word, and blow. He took the punishment on the cross so we wouldn’t have to carry it forever. Draw a big cross over all the lies you wrote out.
  - f. You can pray something like this: *“Lord God, thank You for the Cross. Thank You for sending Jesus to suffer and die for all sin so I can be free. The sacrifice of Christ is enough to cancel the power of these lies I have believed about love, myself, others, and You. I accept You Jesus as my Savior and Deliverer. I accept Your sacrifice on my behalf. I put to death all these lies now at the cross. I receive the truth about myself and love from Your Word into my heart, to do heart surgery, healing the wounded places and attaching my heart securely to You. Thank You for healing me. In Jesus’ name, amen.*
  - g. Delete the lies! Write out the truth in its place.
  - h. Healing takes time. It requires intentionally renewing the mind with truth from Scripture. Continue to speak to yourself the truth about love and your value. It will make a lasting change for the better!

For more resources to grow in your sense of self-worth, go to  
[WorthyProgram.com](http://WorthyProgram.com)

For more on healing from childhood loss and trauma, our Free to Be Me course is available at  
[FearlessAndFreeCommunity.com](http://FearlessAndFreeCommunity.com)

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**If you have yet to call on Jesus as your Lord and Savior,  
find a biblical explanation of the vital need and a prayer guide at  
[FearlessAndFreeCommunity.com/Saving-Faith](http://FearlessAndFreeCommunity.com/Saving-Faith)**