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FearlessAndFreeCommunity.com

PODCAST EPISODE 51
Healing Insecure Relational Attachment- Part 2
Avoidant-Dismissive Relational Attachment

REFLECTON AND 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. **Insecure attachment is the result of childhood loss or trauma where the child's emotions are not validated, and the heart is missed. It can also come from a pattern of neglect, where emotions are not recognized, honored, or allowed in the relationship.**
 - a. Check in with your own heart. Do any of these statements resonate for you?
 - b. Pray: *Lord, is there anything You want me to know about any of these situations in my life?* Pause and listen. Be aware of any memories coming to mind. Make note of them.

2. **Individuals who have responded to childhood trauma by disconnecting from their emotions may have avoidant-dismissive relational attachment, as indicated by the following:**
 - a. To acquaintances, I can be outgoing and self-confident, but to those in close relationship with me, I seem disconnected from my feelings and emotionally distant. (I avoid and dismiss my emotions and often others' as well)
 - b. I want relationships, but the closeness feels uncomfortable to me. I avoid conversations that bring up vulnerable emotions such as neediness, insecurities, or fears.
 - c. I protect myself by depending only on myself for emotional support.
 - d. I tend to lack empathy for others, and the majority of my energy is consumed taking care of myself—so I am often self-absorbed.
 - e. I approach relationships through logic and avoid conflict, even ignoring/dismissing what my spouse or loved one just said to escape showing emotions.
 - f. I rarely express any need for affection, attention, or sympathy. My suppression of all emotions related to neediness also often suppresses my ability to verbally affirm those I love or meet their emotional needs.
 - g. I don't feel safe admitting failure and can be very defensive. If my spouse or loved one attempts to address my avoidant/dismissive tendencies, it will likely seem preposterous

to me—"I'm fine. And you would be too if you were more logical and less sensitive, like me. "

h. Do these describe you, or anyone you know?

3. The inability to connect to emotions affects your closest relationships, including your relationship with God—the very relationship that can heal you. He alone is the perfect parent, eager to minister and repent to heal our hearts.

a. To begin healing, pray and ask God to help you. You can pray something like this; *"Lord God, You know how emotions were modeled and taught in my life. Some emotions were allowed, and some were not. You created me to feel and respond to the full range of emotions. I renounce any agreement with the lies "that emotions are bad," or "showing emotion is weak," or that "I shouldn't have emotions," and then vowing not to need them. Those lies and vows caused me to disconnect my mind from my heart.*

I ask You now to restore those connections so that I can think, feel, and respond emotionally as You created me to do. Thank You for sending Jesus to demonstrate a full range of emotions. I accept Him into my heart, to do heart surgery, reconnecting all the parts into one. Thank You for healing me. In Jesus' name, amen.

b. Healing takes time. It requires intentionally renewing the mind with truth from Scripture.

i. Be INTENTIONAL to pause three times a day and ask, "What am I feeling?" You can start with describing physical sensations.

ii. Name your emotions (see emotional vocabulary below).

iii. Partner with your spouse or closest friend in this process and start telling them—not just what happened today, but how you felt. It can be difficult at first.

iv. Intentionality over time will restore the neural pathways until it feels normal. We are designed by God to heal. It is an incredible gift!

4. EMOTIONAL VOCABULARY—Can you think of more?

Excited	Nervous	Relieved	Anxious	Angry	Furious
Sad	Suspicious	Aggravated	Joyful	Content	Grieved
Grateful	Sentimental	Insecure	Timid	Panicked	Dread
Aimless	Discouraged	Thrilled	Confused	Shocked	Empathetic

For more on healing from childhood loss and trauma, our Free to Be Me course is available at www.fearlessandfreecommunity.com

For more "I Am Worthy" statements, and how you can share these with others, go to www.worthyprogram.com

**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**