

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

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If so, it's likely that you suffer from anxious attachment, a fear of abandonment that is often rooted in early childhood experiences. Insecure in Love combines compassionate self-awareness techniques, sound advice, and the latest scientific research to help you overcome anxious attachment and clinginess. You'll learn to recognize your negative thoughts and insecure feelings and respond to them in a positive way.

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Over time, “they develop a characteristic sense of feeling needy for attention and needing others to help soothe them,” said Becker-Phelps, author of Insecure in Love: How Anxious Attachment C...

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Often, people who struggle with recurrent relationship problems do so because they are “anxiously attached.” They also experience many self-doubts. Insecure In Love provides a path to more secure attachment and greater self-acceptance through compassionate self-awareness, a combination of self-awareness and self-compassion.

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