

# **Anxious Attachment Cure**

*Heal your Inner Child, Overcome Fear of Abandonment,  
and Build Secure, Loving Relationships*

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*For everyone*

*who has ever felt too much, loved too hard, or feared they weren't enough—may you finally feel safe in your own heart, and know you were never too much to be loved.*

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# Introduction

## What is Anxious Attachment?

If you've ever found yourself loving too deeply, fearing abandonment even in the best of relationships, or overthinking every message, word, or silence—you're not alone. And you're not "too much." You're just carrying something that was never your fault to begin with.

That something is called **anxious attachment**.

At its core, anxious attachment is a deep-seated fear that the people you love might not love you back—or worse, that they'll leave. It's feeling hyper-aware of emotional distance, needing constant reassurance, and struggling to trust that someone will stay. Even when the relationship is healthy. Even when everything seems okay on the surface.

You might already recognize this in yourself. Maybe you've felt it when someone didn't text back fast enough. Maybe you've bent over backwards to please someone just to avoid the sting of rejection. Or maybe you've stayed in a relationship that hurt, because being alone felt even scarier.

Here's what I want you to know: **this isn't who you are—it's what happened to you.**

Anxious attachment often begins in childhood. It's the result of inconsistent love, emotional neglect, or caregivers who were sometimes there and sometimes not. When love felt unpredictable, you learned to stay on high alert, scanning for signs that someone might withdraw. That pattern wired your nervous system to equate love with anxiety.

But here's the most important part: **you can rewire it.**

You can learn how to feel secure in love. You can build relationships that don't feel like emotional rollercoasters. You can heal the part of you—the inner child—that never got the steady, dependable love it needed. And you can do it without blaming yourself, without shaming your feelings, and without pretending to be someone you're not.

This book is your guide to that healing.

We'll walk through where anxious attachment comes from, how it shows up in adult relationships, and—most importantly—how to move forward. You'll learn practical tools backed by psychology, deep inner work to reconnect with your sense of safety, and real-life strategies to help you create secure, loving connections.

If you're ready to stop chasing love and start attracting it—calmly, confidently, and with your whole heart—you're exactly where you need to be.

Let's begin this journey together.

## Why This Book?

I didn't write this book from the mountaintop. I wrote it from the messy middle—where the heart races at the thought of being “too much,” where silence feels like rejection, and where love often felt more like survival than safety.

For years, I didn't understand why I loved so hard... and still felt so insecure.

I blamed myself. I thought I was needy. Too emotional. Too sensitive. I poured myself into relationships, hoping someone would finally make me feel whole, steady, and sure. And when things didn't work out, I thought it proved what I feared most—that something was wrong with me.

But it wasn't me. And it's not you either.

What I didn't know then was that I was dealing with **anxious attachment**. It was a name for the aching, overthinking, and fear I carried in relationships. It was the missing piece that helped me finally understand myself—and, more importantly, heal.

That's why I wrote this book.

I wrote it for the version of me who stayed up late overanalyzing text messages, who kept trying to earn love, and who thought peace was only possible for other people.

And I wrote it for *you*—if any part of this feels familiar.

This book isn't about labeling you or fixing you. It's about **freeing you**. Freeing you from the belief that love has to hurt, that you have to chase it, or that you're unworthy of it.

Inside these pages, you'll find stories, strategies, reflection prompts, and real-life tools to help you:

- Heal the wounded parts of yourself with compassion
- Break out of toxic relationship cycles
- Build emotional safety from the inside out
- And experience the kind of love that doesn't require you to lose yourself

This is the book I wish I had when I felt most lost—and now, I offer it to you, with hope, heart, and zero judgment.

You deserve love that feels safe.

You deserve to feel whole on your own.

And this book is here to help you remember how.

Let's do this together.

— Jordan

## How to Use This Book

This isn't the kind of book you have to read all in one sitting (though if you do, I totally get it—been there). Think of it as a **healing companion**—part insight, part guide, part journal. You can take it chapter by chapter, flip to the part that calls to you most, or come back to certain sections when you need them most.

Here's how to get the most out of it:

### **Learn, then feel.**

Each chapter blends **psychological research** with real-life examples, personal reflection, and inner child healing work. The goal isn't just to understand your patterns—it's to feel safe enough to **change them**.

### **Journal prompts are your bridge inward.**

Throughout the book, you'll find simple but powerful questions to help you pause and go deeper. You don't need fancy answers. Just honesty, gentleness, and space to hear yourself. If you don't feel ready to explore a certain prompt? That's okay. Healing isn't linear.

### **Your story matters.**

You might see yourself in the stories shared here. Or you might recognize someone you love. Either way, know that your emotions, your patterns, and your past all make sense when seen through the lens of attachment. There's **nothing wrong with you**. There's just healing that hasn't happened yet.

### **Revisit what resonates.**

Healing happens in layers. You might read something today that hits differently a month from now—and that's not a bad thing. Come back to this book as often as you need. Let it grow with you.

This book isn't about rushing to become “secure.” It's about becoming more **present**, more **aware**, and more **kind to yourself**—one insight, one boundary, one brave moment at a time.

Now, let's explore the science behind all this—and where anxious attachment really begins.

## Brief Overview of Attachment Theory

Before we dive into the heart of anxious attachment, let's lay the groundwork. Understanding **where these patterns come from** isn't just helpful—it's healing.

Attachment theory began with the work of **John Bowlby**, a British psychoanalyst who believed something revolutionary at the time: that the bonds we form with our caregivers in early childhood **shape how we relate to others for the rest of our lives**. According to Bowlby, our brains are wired to seek closeness, connection, and comfort—especially in times of stress. This isn't weakness. It's biology.

Building on Bowlby's work, **Mary Ainsworth**, a developmental psychologist, introduced the now-famous "**Strange Situation**" study in the 1970s. In this study, toddlers were observed during moments of separation and reunion with their mothers. What Ainsworth found was eye-opening: not all children responded the same way. In fact, their behaviors seemed to fall into three distinct patterns:

1. **Secure Attachment** – These children were visibly upset when their caregiver left but were easily comforted upon return. They trusted that their needs would be met and felt safe exploring the world.
2. **Anxious (or Ambivalent) Attachment** – These children were very distressed when the caregiver left and had difficulty calming down even when they returned. Their need for closeness was high, but their sense of safety in the relationship was shaky.
3. **Avoidant Attachment** – These children didn't seem bothered when the caregiver left or returned. But beneath that emotional distance, physiological data showed signs of stress. They had learned that reaching out didn't work, so they shut down instead.

Later, researchers added a fourth style—**disorganized attachment**, often associated with inconsistent or traumatic caregiving—but we'll focus primarily on the three foundational types in this book.

If you see yourself in the anxious style, you're not alone. This attachment style forms when love feels unpredictable: sometimes warm, sometimes cold. You may have learned that being close to someone means constantly working to *keep* them close. As an adult, this can show up as clinginess, overthinking, fear of abandonment, or emotional overwhelm in relationships.

The good news? Attachment styles are not life sentences. They are **learned patterns**, and what is learned can also be unlearned—with intention, support, and practice.

In the next chapter, we'll zoom in on **anxious attachment in adult relationships**—how it shows up, why it's so hard to break the cycle, and what we can start doing to feel safer within ourselves.