

THE ULTIMATE GUIDE TO HEALING

ANXIOUS ATTACHMENT

A 3-STEP JOURNEY TO UNDERSTAND YOUR
ANXIOUS PATTERNS & FEEL CALM, CONFIDENT
AND SECURE IN YOURSELF AND RELATIONSHIPS

@the.relationship.rehab



CONTENTS

01: INTRODUCTION	3-7
02: ATTACHMENT TRAUMA	8-12
03: PHASE ONE - AWAKEN	13-25
04: PHASE TWO - ALIGN	26-31
05: PHASE THREE - ANCHOR	32-37
06: NEXT STEPS	38-41

01

Introduction

Hello!



I'm so happy you're here!

Just by opening this eBook, you've taken a powerful first step on your anxious attachment healing journey — **one that can help you shift from feeling anxious and insecure to anchored and confident in yourself and in love.**

Because I get it...

You're a powerhouse in so many areas of your life. You're thriving in your career, crushing goals at the gym, surrounded by amazing friends, travelling, and staying committed to your self-care.

But when it comes to dating and relationships... it's a different story. As soon as you catch feelings, something shifts.

“You begin to lose yourself — falling into cycles of pleasing, proving, and perfectionism. You feel consumed by anxiety, wondering if you'll ever find the right person... and when you do, you're terrified of losing them.”

Sometimes, you **feel too ashamed** to share what's going on with your loved ones. You are “supposed” to be the strong one who has your sh*t together.

You worry that your friends or family will judge you, or dismiss your feelings as “too much.” So, you stay quiet — and end up **feeling even more alone in your struggles.**

I know this because I've been there.

On the outside, I looked confident and successful. Social work career, buying my first home with my boyfriend, even competing in fitness competitions.

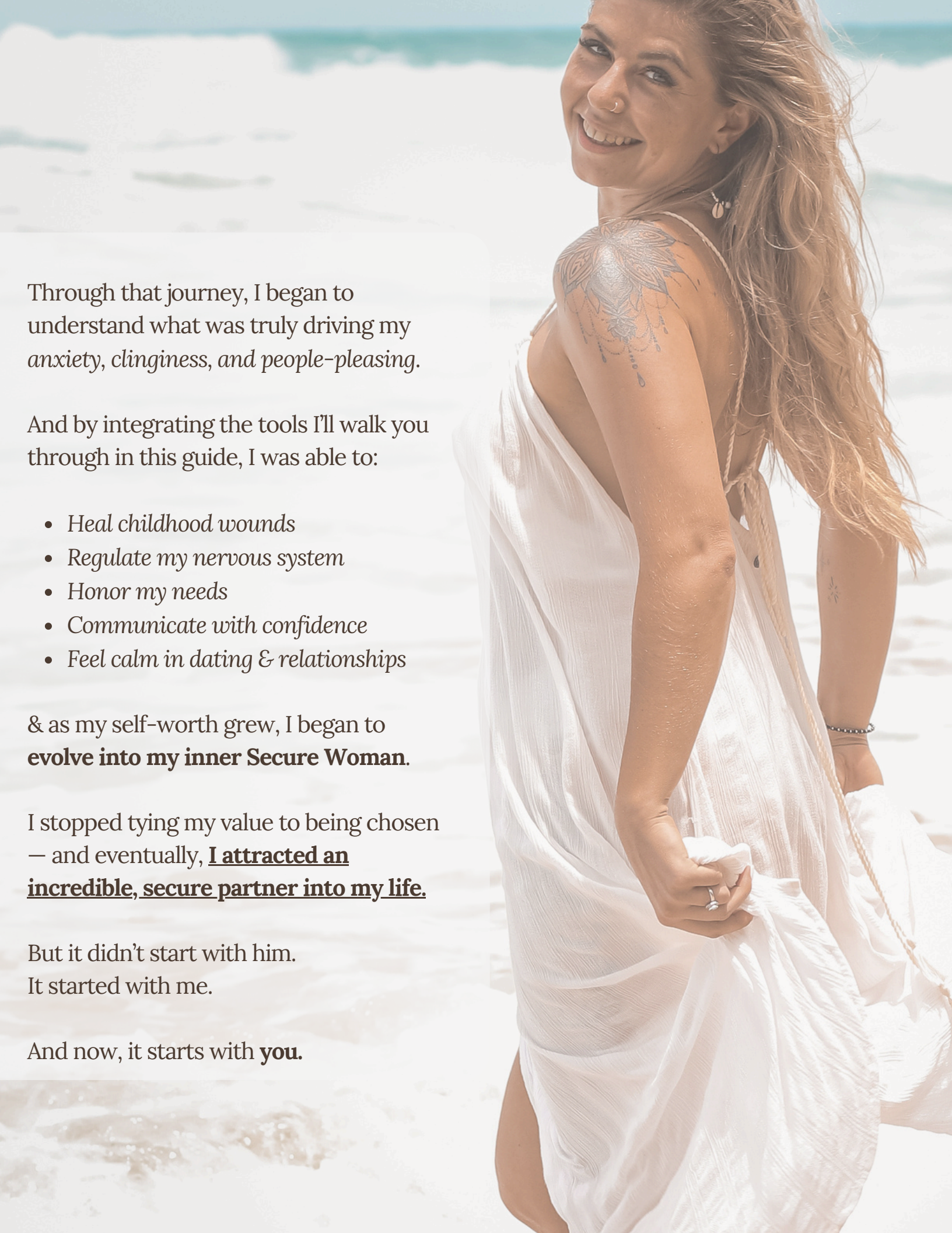
“But behind closed doors, I was trapped in an emotionally abusive relationship. He chipped away at my self-worth, disrespected me daily, and yet... I was so anxious and attached, I didn't know how to survive without him.”

This kept me **stuck in cycles of self-abandonment** and begging for his love, hoping that he would change and finally make me feel enough.

Thankfully, with the help of my family and community, **I found the strength to walk away.** But even after leaving, the anxious patterns followed me.

I dated emotionally unavailable partners, sabotaged a secure relationship, and often felt empty, incomplete, and lonely as a single woman. I started to wonder, “*what is wrong with me?! Why do I keep chasing attention from emotionally avoidant men?!*”

Then everything changed when I started doing the real inner work — **the work of healing my anxious attachment style.**



Through that journey, I began to understand what was truly driving my *anxiety, clinginess, and people-pleasing.*

And by integrating the tools I'll walk you through in this guide, I was able to:

- *Heal childhood wounds*
- *Regulate my nervous system*
- *Honor my needs*
- *Communicate with confidence*
- *Feel calm in dating & relationships*

& as my self-worth grew, I began to **evolve into my inner Secure Woman.**

I stopped tying my value to being chosen — and eventually, **I attracted an incredible, secure partner into my life.**

But it didn't start with him.
It started with me.

And now, it starts with **you.**



My hope is that this eBook becomes your *portal* into the world of attachment healing — that it gives you **language** for your patterns, **compassion** for your past, and **tangible tools** for your transformation.

Together, we'll walk through a journey of cognitive, somatic, and spiritual exploration where I take you through **the THREE PHASES of Anxious Attachment Healing**.

Because it's no accident you found this guide.
You are ready to *heal*. You are ready to *rise*.
You are ready to *become* securely attached.

If you have any questions along the way, or just want to share a breakthrough, I'd love to hear from you.

Come find me on Instagram: @the.relationship.rehab
Let's walk this journey together.

With love & light,

Samantha Reed Cleaver

samireedcoaching.com
@the.relationship.rehab

02

Attachment Trauma

What is Attachment Trauma?

Attachment trauma refers to the emotional and spiritual wounds that manifested as a result of childhood experiences & disruptions in the bond between a child and caregiver that leaves the child feeling **unsafe, unseen, or unsupported**. It's not about what happened, but *how* it made you feel.

It starts in childhood...

CHILDHOOD NEEDS

Love | Attention | Attunement | Autonomy
Significance | Safety | Comfort

When these needs are inconsistently met or ignored... The child takes it personally and starts to become programmed with these beliefs...

LIMITING BELIEFS

“I’m not enough.” | “I must earn love.” | “I can’t depend on others” | “People will leave me.”

This leads to...

DYSREGULATION

Anxiety | Fear | Anger | Overwhelm | Stress

Which manifested into...

SURVIVAL PROTECTIVE PATTERNS

Pleasing/proving to earn attention
Hypersensitivity to mood fluctuations | Clingyness
Avoiding vulnerability | Throwing tantrums

This becomes your attachment style. & it plays on repeat in your adult relationships like a broken record player.

How it shows up in your adult relationships

CHILDHOOD EXPERIENCE

Emotional neglect

Parent wasn't attuned

Abandonment/divorce

Inconsistent care

Feeling not enough

RELATIONSHIP PATTERN


You over-give to feel worthy

You feel invisible unless you prove your value

You feel terrified of them leaving, even when nothing's wrong

You feel anxious if your partner's mood changes

You try to become the "perfect partner"



When you sense a relationship threat, your body reacts:

- **Fight** (*panic texting*)
- **Flight** (*ghosting before you get hurt*)
- **Freeze** (*overthinking, shutdown*)
- **Fawn** (*people-pleasing, self-abandonment*)

These are adaptive, not defective, responses. The good news is we can regulate our nervous system and unlearn these protective mechanisms.

Attachment styles are not life sentences.

With the right environment, tools, and support, you can shift into secure attachment!

And this eBook is here to guide you.

Let's begin the three phases of healing attachment and coming home to your secure self.

03

Phase One:
AWAKE

03

Discover Your Attachment Archetype

Understanding your unique anxious attachment patterns is the first step toward secure love. Sometimes, we don't recognize our anxious attachment through clinical definitions – but we do recognize ourselves in patterns.

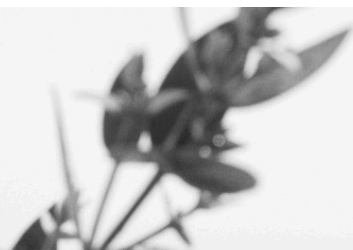
In the way we text too fast and overthink the reply. In how we love so hard but feel so unseen. In the push-pull of trying not to care too much while caring with our whole heart.

This exercise offers ***eight archetypes of the anxiously attached individual***. You may resonate with one more strongly, or see pieces of yourself in several. These aren't boxes – they're mirrors. Use them as a reflection of your behavior, not to shame you.

Instructions:

- Read through each Anxious Attachment Archetype.
- Highlight or circle the one(s) that most resonate. *You may find yourself in more than one – that's okay.*
- Reflect using the journaling prompts beneath each archetype to start exploring your patterns in the notes section.

This is NOT about labeling yourself, but about compassionately calling out the behaviors so you can **meet it with understanding** – not shame. You're not 'broken', you're just stuck in an attachment trauma loop ❤️



1 THE HOPELESS ROMANTIC

“I just want to find my person. Then I will feel complete and fulfilled in my life”

You're sensitive, nurturing, and deeply devoted to love.

You've built a beautiful life for yourself. You're successful, independent, and surrounded by friends who admire your strength.

But at night, you find yourself dreaming of someone to share it with. **You fall hard and love deeply.** You believe in soulmates, signs, and twin flames.

And when a new connection sparks, **your heart takes the lead.** You step into a fantasy world of weddings, vacations and sunflower fields, often attaching to the *potential* over the reality.

Healing Invitation: Anchor into your wholeness. Untie your self worth from having a relationship. Ground your romantic hope in reality by slowing down, turning the focus back onto yourself and letting connection grow with discernment, not just desire.

DEEPER REFLECTION:

- *When do I feel most empowered in my life – and how can I transfer that energy into my love life?*
- *What stories do I create about someone before I truly know them?*
- *How can I begin to trust that love can grow slowly, without needing to rush?*



2 THE MARTYR

“I sacrifice and give so much but never give it back.”

You show up for your relationships fully, fiercely, and often selflessly. You sacrifice your dreams, desires, needs and peace for others.

You anticipate and attend to your partner’s needs without being asked. You hold space for their wounds, and try to be the safe place they’ve never had.

You may even pride yourself on being that person that others come to for **a shoulder to cry on** but quietly, you carry resentment and bitterness.

You **feel overlooked, taken for granted, or like love is all about giving.** Even though you want others to pour into you, it feels uncomfortable to receive.

Subconsciously, you believe that if you just *love harder*, they’ll finally realize your worth.

Healing Invitation: Practice self-devotion. Begin tending to your own needs the way you tend to others’, and notice who still meets you when you stop overextending.



DEEPER REFLECTION:

- *In what ways am I over-giving in relationships, and how does that feel?*
- *What am I afraid will happen if I stop giving so much?*
- *What does it mean to me to receive love without earning it?*

3 The Maiden

“I need to be saved or chosen to feel safe”

You crave softness, intimacy, and being held — emotionally, physically, spiritually.

You're intuitive and tender, but when it comes to romantic relationships, you can feel fragile.

You feel like you slip into codependency in relationships — looking to your partner to soothe your big emotions and attend to your needs.

You often wait to be chosen rather than doing the choosing. You may find yourself longing for a protector, a guide, or someone to “rescue” you from your loneliness and lack of direction in life.

You struggle to feel safe standing fully on your own.

Healing Invitation: Learn how to self soothe. You are not waiting to be rescued — you are learning to become the source of your own security.



DEEPER REFLECTION:

- *Where in my life am I waiting to be chosen instead of choosing myself?*
- *How can I start to stand in my own power and energy?*
- *How can I nurture my inner child who longs to be protected?*

4 The Analyzer

“If I can just figure it out, I’ll feel better.”

You’re insightful, intelligent, and emotionally self-aware.

You have a growth mindset and are solution-focused.

You’ve read the books, listened to the podcasts, taken the quizzes. But your brain can’t stop spinning.

You analyze every interaction, trying to decode subtext, avoid rejection, or predict the next emotional shift. You believe that if you can understand them enough, you’ll finally feel safe.

This leads to over-intellectualizing everything because feeling and processing your emotions feels too scary, keeping you disconnected from your feelings.

Healing Invitation: Drop into the body. Focus on somatic healing practices over cognitive. You don’t need more information and answers, you need your own love and attention.



DEEPER REFLECTION:

- *What am I trying to avoid feeling when I overanalyze?*
- *When was the last time I allowed myself to feel – without trying to understand or fix it?*
- *How can I start to trust my body’s wisdom over my thoughts?*

5 THE CHAMELEON

“I must become a certain of myself to be liked and accepted.”

You're highly attuned to others — their moods, energy, and unspoken needs.

You're the peacekeeper, the accommodator, the one who morphs just enough to avoid conflict or rejection. You lose yourself in relationships, lose touch with your desires and boundaries.

You often hide parts of yourself, wear masks and “**go with the flow**”. You fear that if people knew the real you, they would walk away. As a result, you feel unseen, unfulfilled, or even invisible.

Healing Invitation: Reclaim your authentic self. Start small by noticing your preferences and practicing self-expression to build your confidence. Notice when you are wearing a mask and get curious as to why.

DEEPER REFLECTION:

- *When have I silenced myself in relationships to keep the peace?*
- *What do I truly want in love — beyond what anyone else expects of me?*
- *Who is my authentic self and how can I show up as her today?*



6 THE FIRECRACKER

“I feel too much for everyone I love”

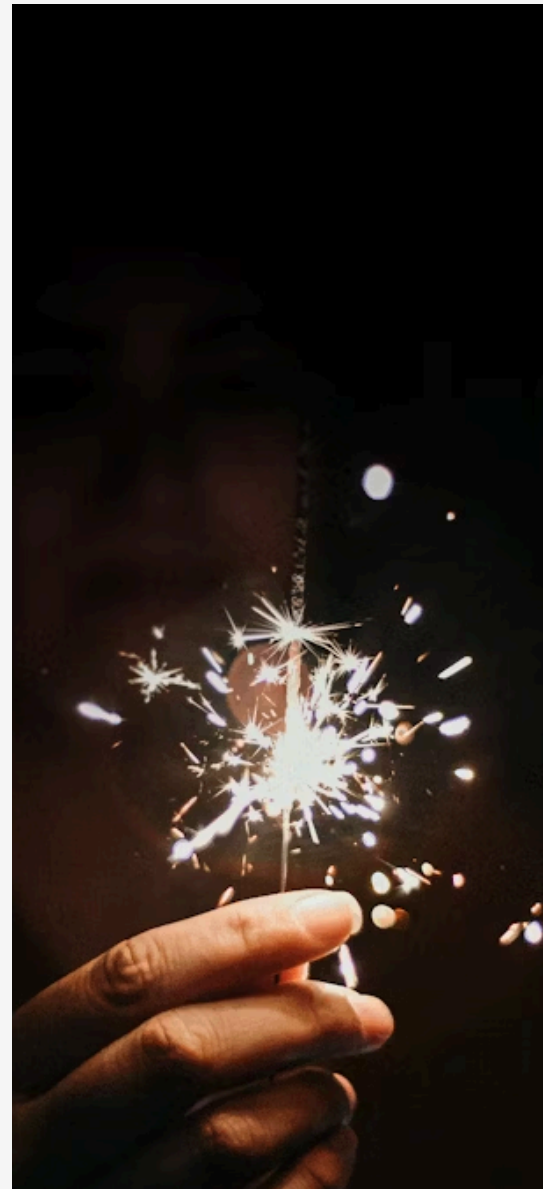
You’re bold, passionate, and emotionally expressive.

You feel things deeply — joy, fear, desire, grief — and you don’t hide it.

You’re not afraid to stand up for yourself and what you believe in. But your intensity often intimidates people, especially avoidant partners who shrink in the face of your emotional honesty. You hate being ignored, dismissed and lied to.

When you sense distance, it can ignite protest behavior: rapid texts, spiraling thoughts, emotional outbursts and demanding behavior. Afterwards, you might feel ashamed of how reactive you became, and push people away.

Healing Invitation: Process any deep-rooted pain that you hold within and soften inward. Learn to hold your emotional waves with compassion so you don’t need others to contain them for you. You are not too much — your emotions just need tending, not taming.



DEEPER REFLECTION:

- *What emotions feel overwhelming for me — and what are they trying to show me?*
- *When have I been told I’m “too much,” and how did that shape me?*
- *How can I take back control of my emotional needs?*

7 THE MOTHER

“My worth lies in how much I take care of others”

You have a deep capacity for love and nurturing — but sometimes that love turns into over-functioning.

You find yourself mothering your partner: reminding him of his appointments, doing all the house chores, carrying the passports, and sometimes even teaching him how to be emotionally available.

You need to be needed by others. You think you're helping and just being yourself, but over time, you begin to feel resentful and unfulfilled. Your nurturing masks a deeper fear — that if you stop being needed, you'll no longer be wanted.

Healing Invitation: Step back and allow others to show up for you. Let yourself be supported and held, rather than always being the one doing the holding. Get curious about any discomfort and resistance.

DEEPER REFLECTION:

- *What part of me feels safer when I'm taking care of others?*
- *When did I start to confuse love with responsibility or control?*
- *What would it look like to let someone take care of me?*



8 THE PERFECT PERFORMER

“As long as I am perfect, they’ll love me the way I deserve.”

You’re polished, accomplished, and always striving.

You’ve built success, take good care of your appearance, and have become the kind of partner you would be proud to love.

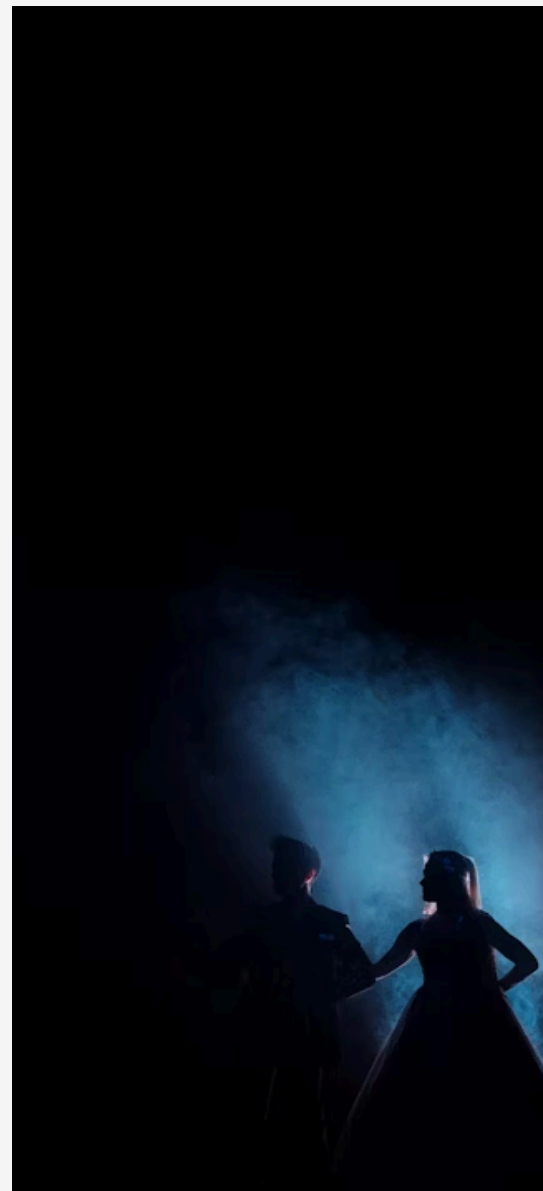
But underneath it all is a quiet insecurity that you still have to earn affection. You may downplay your needs, pretend to be ‘chill’ and secure, or hide your emotions.

You believe that by being the perfect partner, they will stay. You tend to attract partners who admire your beauty but struggle to meet your depth. Deep down, you're tired of being perfect. You just want to be loved for who you are when you're not performing.

Healing Invitation: Overcome your fear of rejection and allow yourself to be seen. True connection happens when you drop the performance and allow vulnerability to take the stage.

DEEPER REFLECTION:

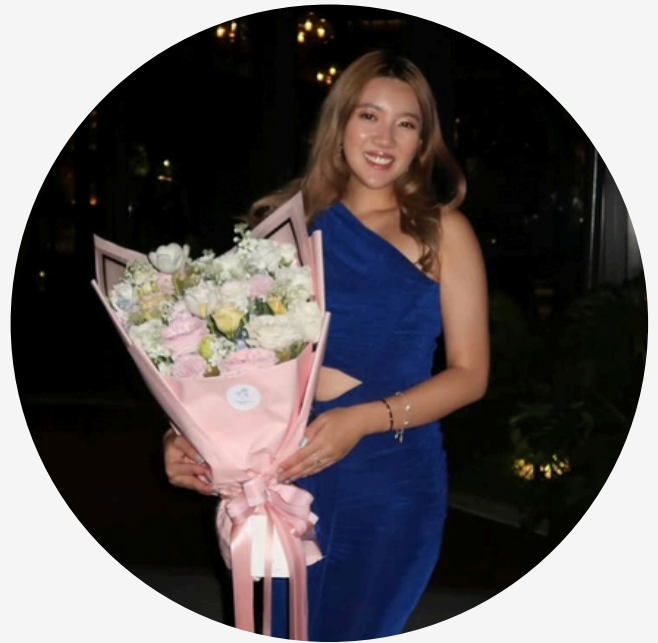
- *Where do I perform for love, attention and acceptance?*
- *What feels unsafe about being vulnerable, messy, or “too much”?*
- *How can I allow myself to be seen without needing to prove anything?*



CLIENT SUCCESS STORY

LEANNE: THE CHAMELEON

Leanne is a confident, globe-trotting entrepreneur **who seems to have it all**, but when it came to love, she felt completely lost and alone...



She was **stuck in a situationship** with a man who wouldn't define the relationship. He gave just enough to keep her hopeful—but *never enough to feel safe*.

She did everything she could to present herself as the 'perfect partner'. She felt **confused, anxious, and too ashamed** to talk to anyone about it.

The Mask She Wore:

Leanne had learned to **shape-shift** in order to be accepted. Coming from a traditional Asian family, she felt pressure to be the "good girl" who **didn't rock the boat**.

In her relationship, she found herself:

- **Suppressing** her real feelings
- **Playing it cool** to avoid rejection
- **Overthinking** every word or text
- **Staying silent** even when something didn't feel right

The Breakthroughs:

When Leanne started using the tools shared in this eBook—*everything shifted.*

She finally felt **safe enough to be her real self**, not the version she thought others wanted her to be.

Together, we worked on:

- **Regulating** her nervous system
- **Rewiring** old beliefs about who she needs to be in order to earn love
- **Practicing communication** to express her needs and boundaries
- **Embodying her authenticity** unapologetically

Where She Is Now:

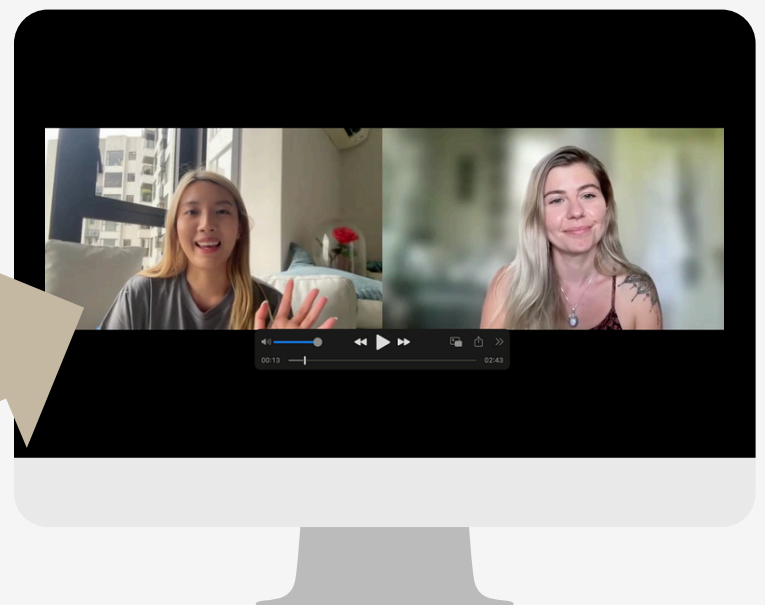
Leanne stopped shrinking herself to be chosen—*and started choosing herself.*

Today, **she is in a secure, loving relationship with an emotionally available partner** who adores her. She has fully embodied her confidence (no more people-pleasing!) and it shows in her business.

She's no longer bending to fit into boxes. She's living and loving—as her true self.

She's secure.

WATCH HER
TESTIMONIAL!



04

Phase Two:
ADGM

04

Ground & Attune – A Reset Ritual

**“Unless you master nervous system regulation,
you’ll always struggle in relationships”**

Once you’ve seen your patterns, it’s time to reconnect with your inner world – your feelings, needs, and values, and begin meeting yourself with love instead of judgment.

But as busy, ambitious people, it can be really hard for us to slow down when we have 100 things to do and time running out! *(we may have subconsciously prided ourselves on being ‘busy’ and tied our worth to our work... 🙄)*

When you’re anxiously attached, your body often lives in a state of hypervigilance – constantly scanning for signs of disconnection. This simple daily practice helps regulate your nervous system, so you can feel safe inside your body and build emotional attunement with yourself.

Remember: **It’s NOT about “getting rid” of anxiety**, but learning how to sit with it, understand it’s message, and move it through.

Instructions:

- Watch and follow the somatic practice video on the next page.
- Repeat the practice every day or as needed.
- Reflect on your experience using the notes section.

This practice **builds self-attunement**: the foundation of secure connection and helps you ALIGN with your true, authentic, SECURE self so you can speak your needs, feel your feelings, and stop shape-shifting for love.

YOUR NERVOUS SYSTEM RESET RITUAL FOR RELEASING ANXIETY

This 25-minute practice includes three practices:

1. **Somatic Shaking** - to release the anxiety and energy from your body.
2. **Breathwork** to help you calm anxiety and anxious thoughts.
3. A **short Meditation** to help you tune back in to yourself, your inner world and find peace.



Save this video and practice as and when needed.



CLIENT SUCCESS STORY

EULINE: THE ANALYZER

Euline is a confident, ambitious nurse, **until she got into a new relationship.**

Suddenly, she was flooded with **crippling anxiety**, convinced she wasn't enough and that her partner would leave her at any moment.

She began to lose herself in cycles of fear, self-doubt, and emotional overwhelm.

Terrified of losing him, she spiraled into over-analysis.

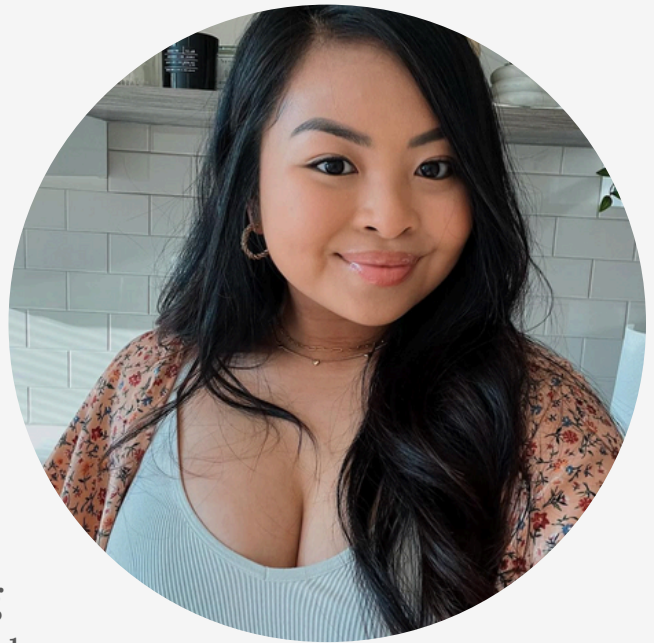
She spent hours Googling, watching videos, and obsessing over what was “*wrong*” with her—and how to fix it.

Her attachment survival patterns had taken over.

She found herself:

- **Picking fights** she didn't mean to start
- **Craving constant reassurance**
- **Suppressing** her emotions until they exploded

She didn't feel like herself anymore.



The Breakthroughs:

Everything changed when Euline **learned how to sit with her emotions** and meet her own needs—*without* depending on her partner for safety.

For the first time, **she saw that her anxiety wasn't a flaw**—it was her nervous system trying to *protect* her.

That realization changed everything.
She reclaimed her power.

Using the tools in this eBook, Euline learned to:

- **Practice daily somatic breathing** to soothe anxiety
- **Unhook her self-worth** from her partner's behavior
- **Tune into her own needs** instead of people-pleasing
- **Speak up with confidence** instead of exploding or shutting down

Where She Is Now:

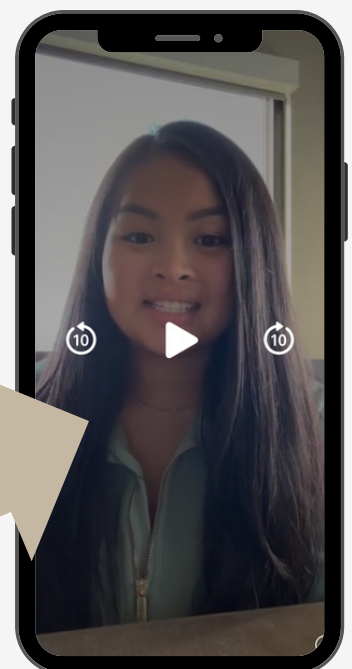
Even as a self-identified Type A perfectionist, **Euline no longer feels the need to prove her worth or be “perfect” in order to be loved.**

She knows how to ***self-regulate***, honor her emotions, and hold space for her inner child.

Her relationship is now a source of peace, not panic. Today, she and her partner are happily planning to **move in together**, and she's doing it from a place of deep self-trust.

She's secure.

WATCH HER
TESTIMONIAL!



05

Phase Three:
AMC HQK

05

Rewrite Your Story

***“whatever your past, you can write
a new ending to your story”***

Sometimes we feel trapped, alone, and defeated by our anxious attachment style and we wonder if change is really possible for us...

“Can I ever truly become secure in relationships?”

I get it my love. I’ve been there too.

For years, those nagging beliefs of “I’m not enough” and “I’m not important” kept me locked inside my own anxious attachment prison.

But here’s the truth: **you were born secure.**

That version of you has always been there, waiting to be remembered.

When you connect with her in your subconscious mind, you begin to embody her energy and speak new, empowering truths about yourself.

This practice will guide you through **a meditation with affirmations** to help you connect with your inner Secure Woman. From there, you’ll break free from the anxious attachment cage and rewrite your story.

Because yes — you are THAT powerful.

Instructions:

1. Listen to the Secure Attachment Meditation (*ideally with headphones*).
2. Repeat the practice as often as you need.
3. Complete the journaling exercise on the next page to rewrite your story as the Secure Woman you are becoming.

YOUR MEDITATION RITUAL FOR CHANNELING SECURE ATTACHMENT ENERGY

This 15-minute guided practice is designed to help you reconnect with your inner Secure Woman – ***the calm, confident, and magnetic version of you who already exists within.***

Through breath, affirmation, and visualization, **you'll release anxious patterns of fear and self-doubt**, and step into a new identity rooted in worthiness and trust.

Listen often to anchor in this energy and return to it anytime you feel anxious or uncertain.



Save this video and practice as and when needed.



CLIENT SUCCESS STORY

ANJA: THE HOPELESS ROMANTIC

Anja always believed in love. She dreamed of deep connection, soul recognition, and that one magical moment when everything would finally fall into place.



But in reality? **She was stuck in a relationship that made her feel small, stupid, and not enough.**

She poured her heart into a man who couldn't meet her there. Yet she stayed—**holding onto the potential of who he could become.**

She wasn't in love with who he was—
She was in love with who he could be.

Anja's became **completely consumed by the relationship.** She tiptoed around his moods. She questioned her worth. She felt like she had to *earn* love by proving she was good enough.

Underneath her romantic idealism was **a deep fear of being alone,** and a subconscious belief that love always meant sacrifice.

But then, *something shifted...*

She got tired of waiting for him to choose her. She realized: **she had to choose herself first.**

The Breakthroughs:

Anja realised that the love she was craving is within her. So she gathered her courage—and walked away.

She grieved. She healed. She reconnected with her intuition. And she began to alchemize her heartbreak into power.

Using the tools, she:

- Cultivated **inner safety and self-worth**
- **Rewrote her beliefs** that she had to settle or shrink to be loved
- Learned **how to detach with love**, not fear
- Started **honoring her heart** without abandoning herself

Where She Is Now:

Today, Anja is thriving in her *sacred single era*—and she's never felt more **magnetic**.

She's **raising her standards** in love and in life, prioritizing her jewelry business and creative passions, **dating with clarity, confidence, and healthy detachment** and feeling deeply connected to herself, and the divine feminine within.

She no longer chases love.

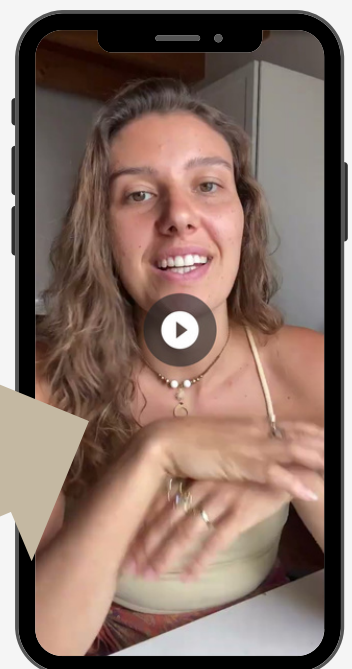
She *embodies* it.

And the hopeless romantic?

She's not gone.

She's just become wiser, grounded, and **secure in her worth**.

WATCH HER
TESTIMONIAL!





Trust yourself.
Love yourself.
Be yourself.

If you've made it this far,
take a deep breath and
celebrate yourself.

Reading this guide wasn't just about gaining insight, it was **a sign that your anxious heart is ready to become a secure one.**

You've started the journey of:

🌱 **Awakening** to your patterns and emotional wiring.

♥ **Aligning** with your truth, your values, and your nervous system.

⚓ **Anchoring** into a new story - one with deep self-trust, boundaries, and worth.

Healing anxious attachment isn't about becoming perfect.

It's about becoming secure in yourself — so that love no longer feels like a battlefield, but a mirror, a playground, a sacred home.

And you don't have to do it alone.

You've opened the door, now it's time to walk through it...



WANNA GO DEEPER?

Inside, you'll find a curated library of podcast episodes to support you at every stage of your love life through the lens of **healing attachment**.

Whether you're ugly crying over a breakup, overthinking every text while dating, or spiralling in your current relationship... *I've got you.*

Each episode is like a mini masterclass in your ears, so grab a coffee and a notebook and **get ready to feel calmer, and more secure in love.**



MY FAVES



Scared to start dating again? 5 ways to protect your peace



Navigating Neurodivergence in Relationships



Practicing the Law of Detachment in Dating & Relationships

[LISTEN ON SPOTIFY](#)

[LISTEN ON APPLE PODCASTS](#)

[WATCH ON YOUTUBE](#)

READY FOR FULL TRANSFORMATION?



A 16-week private coaching program to heal your attachment patterns and manage relationship anxiety so you can step into Securely Attached energy 🏰 without chasing, overthinking, or losing yourself in love.

For the **ambitious, high-functioning anxious heart** who looks like they have it all together, *but when it comes to love... your confidence disappears the moment you catch feelings.*

This program is not easy, but **deeply transformational** and is exclusively reserved for those who are **READY** to do the deep inner work. Think you're ready to go all in? **Book in your free consultation call** and let's talk more.

BOOK A FREE
CONSULTATION
CALL

*Need more info before applying? **CLICK HERE.***