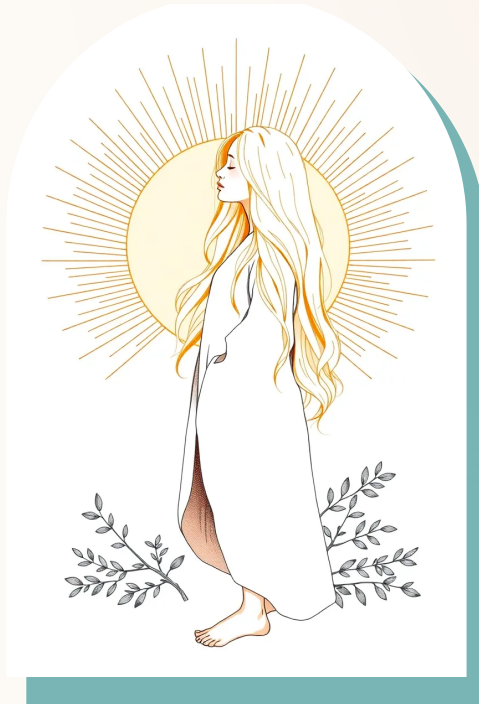


FOR ANXIOUS ATTACHMENT

The Attachment Reset *mini*

Starter Guide



"A gentle but honest guide to help you stop spiraling, come back to yourself, and begin healing the patterns that keep you attached to inconsistency, confusion, and emotional chasing."

"Let's find the version of you that knows your truth — what you are worth, and who is worth you."



"This reset is about coming back to yourself, and letting go of all of the stories of who or what you need to feel safe."

BY ALEXIS STORY · THE INTEGRATED SELF



BEFORE WE BEGIN



Before We Begin

If you are reading this, chances are you are tired.

Tired of overthinking.

Tired of checking your phone.

Tired of feeling emotionally hijacked by someone's silence, distance, inconsistency, or mixed signals.

Tired of telling yourself you will finally let go, only to feel pulled back in again.

When love feels like you are constantly reaching for it, only to be never fulfilled and constantly wanting more... we begin to feel as though we don't even recognize this version of ourselves. The pattern, the feeling of constantly not being enough for someone seems unbreakable.

On some level we know we aren't weak. We are a mother, sister, friend, hard worker and have already been through so much. But in this one area... love... we just can't seem to stop the cycles.

So if you are here, you are ready to choose yourself. Choose something different.

Let's get started by first addressing how we are going to show up for ourselves.



Meet Alexis: My Story



Alexis Story

If you are here, chances are you feel things deeply. You always have. And somewhere along the way, that sensitivity got tangled up with love — with needing to be chosen, approved of, and proven worthy by the people you let closest.

I know that place. I lived there for a long time.

My relationships were where my deepest wound showed up most loudly. I chased love in ways that slowly pulled me further and further from myself — seeking validation in men, in control, in anything that might quiet the ache underneath. What Eckhart Tolle calls the pain body, I now understand as my core wound: the unshakeable belief that I was not enough.

I did years of 12-step work and went deep into spiritual practice. Then I chose a partner who brought me to my knees — a level of self-abandonment I would not wish on anyone. And yet. That relationship was my final push to put all of it together. At the root was an attachment wound I had never fully named. And when I finally did, everything changed.

I am securely attached to myself. I feel like peace.

I no longer live in urgency. I no longer abandon myself to be loved. The old ache to be picked, chosen, proven worthy — it has settled. And that is what I want to offer you. Not a formula. The possibility of genuine calm and clarity within yourself.

Alexis - The Integrated Self



Accountability Statement

Read this slowly and sign your name below.

1. I am committed to knowing myself.
2. I am open to making different choices.
3. I am willing to take ownership that although it is ME who has made decisions that don't serve me in the past, it is also ME who is here to step into a new version of myself.
4. I commit to this process and no longer have to embody a version of me that settles for less.
5. I am ready.

Signature: _____

Date: _____

What You'll Need

- | | |
|--|--|
| ☐ a notebook or journal | ☐ your favorite pen |
| ☐ 10–15 quiet minutes | ☐ privacy if possible |
| ☐ honesty | ☐ willingness |

*"This guide is about awareness, creating peace, restoration
and a reclamation of who you want to be."*



What Anxious Attachment Looks Like

Anxious attachment often develops when love, safety, attention, or emotional presence felt inconsistent, confusing, or hard to trust. As an adult, this can show up as becoming highly focused on relationships, overreading shifts in tone, craving reassurance, and feeling deeply unsettled when connection feels uncertain.

**"This is not a character flaw."
"It is a protection pattern."**

WHAT IT MAY FEEL LIKE

- fear of being left, forgotten, replaced, or not chosen
- panic when someone becomes distant or unclear
- emotional highs and lows based on another's availability
- confusion between intensity and intimacy
- needing reassurance to feel stable
- feeling 'too much' after expressing normal emotional needs

COMMON INNER VOICES

"Did I do something wrong?"

"Why haven't they texted back?"

"Maybe I'm too much."

"Why am I always the one who cares more?"

"I just want clarity."

"If they would just choose me, I'd finally feel okay."

GETTING BEHAVIORS

Things anxious attachment may do to try to restore closeness.

- chasing contact
- overexplaining
- overgiving
- double texting
- asking for reassurance
- proving worth through patience
- ignoring red flags

PROTECTING BEHAVIORS

Things anxious attachment may do when hurt or overwhelmed.

- blaming
- criticizing
- guilt-tripping
- threatening to pull away
- shutting down
- suppressing feelings until they explode



Reset Step 1: Regulate

REGULATE BEFORE YOU REACH, REACT, OR JUDGE YOURSELF.

Before you text, check, chase, explain, spiral, or make someone else responsible for your emotional state — pause. Your first job is to come back to yourself.

When anxious attachment is activated, the urge is often: 'do something now or spiral in on yourself.' Healing can begin only when you create a pause.

In somatic language: let the emotional loop in your limbic system slow down. Teach the body that you are OK. You will not DIE if you sit in these feelings.

The Practice

1. Take one slow breath in. Exhale longer than you inhaled.
2. Put one hand on your heart.
3. Take several long breaths — count 4 in, 6 or 8 out. Repeat at least 4 times.

Ask Yourself

- How am I feeling? Lonely? Abandoned? Discarded?
- Is this in my body anywhere?
- Can I bring my breath to the place that feels tight?
- What am I looking for right now?
- What am I afraid of?
- What am I hoping they will give me?
- If the voice inside me belonged to a little girl, what would she be saying?

"I can hold space for myself. In this time and space, I belong. I am safe."



Reset Step 2: Become Your Healing Guide

Now imagine the grounded version of you. Wise, loving, calm, honest, and deeply safe.

Not perfect.
Not detached.
Not fake.
Steady.

She is your healing guide. Let her speak to the part of you that feels scared, rejected, desperate, ashamed, lonely, or emotionally hungry. The part of you that reaches for others is not wrong. She just needs a loving leader.

Fill in the Letter

My dear _____ (child, sweetheart, little one),

I know you are looking for _____ and it feels so difficult right now. Take 3 slow deep breaths. Imagine my hands in your hands — warm, steady, reassuring.

What you need right now is _____.

You are so strong, _____ (brave, tender, resilient).

It is okay to feel _____ (sad, scared, lonely). Feelings rise and fall. They do not last forever.

I am here.
I am not going anywhere.
I am you.
You are me.
We are going to get through this.
And we are getting stronger every day.

Reflection

What did your healing guide most want you to hear today?



Reset Step 3: Reframe and Return to Love

This step is about interrupting the old story.

The old story says:

"I feel bad, so someone else must make me feel better."

The new story says:

"I can be with myself in this moment and return to love without abandoning myself."

Reframe Your Story

I was feeling scared because _____.
And I thought someone else would make me feel better by _____.

I realize that I can be here for myself. I may not feel strong all the time, but I know feelings are not facts. They do not last forever. There is a wise, loving part of me that can give me what I need. I am learning how to love myself instead of abandoning myself.

Love in Action

Take the love, softness, or reassurance you have been chasing and put it into motion. Go to a pet, a plant, or a trusted person. Tell them what you love about them. Slow down and feel the warmth of what you are giving. The point is not to be performative — it is to feel love moving through you, not only toward someone else.

Extra Credit: 3-Day Loving Action Practice

For the next 3 days, do one small act of grounded love:

- check on someone
- offer a coffee or snack
- send a kind message
- give something away
- do one thoughtful thing with no agenda

Shift from "Please fill me" to "I am already connected to love."

"Love is not only something you wait to receive. It is also a state you can practice inhabiting."

TOMORROW MORNING

Morning Intention

Choose one for tomorrow morning:

☐ Today I come back to myself first.

☐ I do not need to abandon myself to feel loved.

☐ I can survive uncertainty without chasing.

☐ I can pause before I panic.

☐ My worth does not rise and fall with someone's attention.

☐ I am becoming a safe place to land.

If this guide felt familiar, you are not alone — and this is only the beginning.



Join my email list for deeper teachings, practices, and early access to my upcoming course:

The Attachment Reset

Join the email list →
forms.gle/mnMcY4ZLJBWs9s1dA

@the.integratedself →
[instagram.com/the.integratedself](https://www.instagram.com/the.integratedself)

Join the waitlist for future course access

You are not too much. You are learning how to stop abandoning yourself in the name of love.

— Alexis - The Integrated Self