
Swipe Right

Navigating Dating Apps and Attachment Patterns to Find Genuine Connections in a Digital World



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Hello!

"Swipe Right: Navigating Dating Apps and Attachment Patterns to Find Genuine Connections in a Digital World" is a comprehensive booklet designed to empower individuals in navigating the complex realm of online dating while also understanding and managing their attachment patterns. This booklet delves into the intersection of attachment theory and modern dating, guiding readers in identifying their unique attachment style and exploring how it shapes their dating experiences. Through practical strategies, readers learn to bolster self-esteem, address insecurities, establish healthy boundaries, and craft authentic and compelling dating profiles. readers also gain valuable insights into recognizing red flags, honing effective communication skills, and managing expectations within the digital dating landscape. By cultivating a mindset of confidence, self-awareness, and resilience, individuals can navigate the nuances of modern dating with greater ease and success.

In today's swipe-right culture, understanding one's attachment style is paramount. This psychological framework profoundly influences how individuals initiate and sustain relationships, offering invaluable insights into their behaviors and emotional responses.

Against the backdrop of contemporary dating culture, characterized by the prevalence of dating apps and rapid-fire decision-making, understanding one's attachment style becomes even more crucial. "Swipe Right" provides a roadmap for individuals to navigate the complexities of modern dating with clarity, intentionality, and authenticity, ultimately empowering them to forge genuine and meaningful connections in the digital age.

The fast-paced, often superficial nature of swipe-right dating platforms can either align with or challenge different attachment styles, shaping the way individuals engage in and experience relationships. Whether one leans towards secure, anxious, or avoidant attachment, the nuances of these styles play out in the choices made, the level of emotional openness, and the ability to form lasting connections. Recognizing these dynamics offers an opportunity for self-awareness and personal growth, allowing individuals to navigate the dating landscape with a deeper understanding of their own needs and preferences. It invites reflection on how attachment styles may impact relationship patterns and provides a foundation for fostering healthier connections in the era of digital dating. Ultimately, grasping the interplay between attachment styles and modern dating culture is a pivotal step toward forging more meaningful and fulfilling relationships.

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Disclaimer

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Introduction to Attachment Theory

Self-awareness can be greatly improved by learning about different attachment patterns. The pioneers of attachment theory are John Bowlby and Mary Ainsworth who came up with a theory of attachment that classifies people into four distinct groups based on the way they build and maintain relationships. Each attachment style takes a somewhat different tack when it comes to closeness and intimacy. Relationship formation and emotional regulation are influenced by our prevailing attachment style, which can be either secure, anxious, avoidant or disorganized.

I discuss the four major attachment paradigms in brief. I encourage you to explore the book "Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love" by Amir Levine and Rachel Heller, which provides a clear, easy-to-understand explanation of attachment theory alongside detailed examples.

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Secure Attachment Style

Individuals who are securely bonded are at ease with both closeness and freedom. They have a good attitude toward themselves and their partners, and they trust the stability of their relationships.

They exhibit open, conversational, and empathic behaviors. They are direct in expressing their needs and emotions, and they are supportive of their partner's demands.

Impact on Dating: Secure people tend to enjoy healthy, meaningful relationships since they can easily overcome challenges and disagreements.

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Avoidant Attachment Style

Individuals who are avoidantly attached value independence and self-sufficiency. They are frequently uncomfortable with emotional connection and may be afraid of becoming dependent on others.

They tend to maintain emotional distance, avoid lengthy discussions about feelings, and minimize the importance of relationships.

Impact on Dating: Avoidant daters may be afraid to commit, preferring more informal relationships. They may have difficulties with emotional expression and intimacy.

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Anxious Attachment Style

Anxiously attached people frequently worry about their partner's devotion and dread abandonment. They are overly concerned with the connection and the acts of their partner.

Clinginess, continuous reassurance, and a lack of trust are all possible behaviors. They may have a negative interpretation of unclear situations.

Impact on Dating: Anxious daters usually hurry into relationships, are emotionally intense, and struggle to establish boundaries. Anxious daters need excessive reassurance and depend on the other person for emotional well-being.

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Disorganized Attachment Style

Disorganized attachment contains elements of anxious and avoidant attachment types. Individuals with this personality have a conflicting need for connection while yet fearing it.

They may exhibit strong mood swings, difficulties trusting others, and unpredictable behaviors in relationships.

Effect of Dating: Disorganized daters may have turbulent relationships typified by frequent breakups and makeups. They frequently struggle with unsolved traumas, emotional regulation, and difficulty expressing needs.



More about Attachment Styles

It's crucial to remember that attachment patterns can evolve over time because of life experiences and personal growth. Understanding and addressing the habits linked with your attachment style can lead to better self-awareness and healthier, more meaningful relationships. Looking back on my own dating and relationship experiences, I notice some disorganization as well as avoidant habits. In some of my relationships, my attachment style switched depending on whom I was with. If the person was more avoidant, I became more anxious. If the person was more anxious, I became more avoidant. It felt like emotional whiplash as I was trying to make sense of my internal experiences while being in a relationship with someone else. I couldn't transition into a more earned secure connection type until I resolved to break out from the loop. It took a lot of therapy, friendship losses (it turns out that once you start getting emotionally healthy, you discover that certain friendships may no longer function), and mourning those friendships and romantic partners that no longer worked for me.



Although attachment theory was developed based on caregiver/child observations other factors influence attachment style. Remember it is important to examine and reflect on your own childhood experiences and also remember that maybe all the blame doesn't rest on your parents. Since the development of attachment theory researchers found that different societal risk factors, especially when added together, can affect the development of attachment.

Some of these factors include parental age and education, income and economic factors, as well as big stressful events like the death of a parent, the birth of a sibling, a serious illness, or a marriage that ends in divorce. Another topic that researchers are studying is the relationship between genes and the environment. The relationship between genes and the environment is complicated, there is more research studying the influence of genetics on attachment. So let's review how genetics plays a part.

I'm giving a basic overview of the science and I'm not an expert in genetics. It's way more complicated than what I'm presenting here and I encourage you to do more research if this interests you. Firstly there are temperament traits. Temperament, to put it simply, is an individual's innate behavioral and emotional characteristics. A child's level of emotional reactivity or adaptability can impact the formation of attachment patterns. For example, if a child is highly emotionally reactive they might display more needy tendencies and develop an insecure attachment style.



On the other hand, if a child shuts down in the face of uncertainty, they may develop an avoidant attachment style. Other temperament traits include sociability, physical activity, sensitivity to stimuli, distractibility, and biological rhythms.

You've probably heard of neurotransmitters like oxytocin, serotonin, vasopressin, and dopamine. These neurotransmitters are associated with social bonding, your motivation and reward system, feeling good, and attachment-related behaviors. For example, variations in genes associated with neurotransmitters like oxytocin, serotonin, and dopamine may influence social bonding and attachment-related behaviors, either positively or negatively. To break it down even further, if you have higher levels of oxytocin, you may feel increased security in your romantic relationships (regardless of your attachment style), more trust in friendships, and

Epigenetic processes may affect how early experiences shape attachment patterns. According to the CDC, epigenetics can cause changes that affect the way your genes work based on your behaviors and environment. Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence, but they can change how your body reads a DNA sequence. Epigenetic modifications related to early attachment experiences have been implicated in mental health outcomes later in life.



For example, alterations in the epigenetic regulation of genes associated with stress and emotional regulation may contribute to vulnerability or resilience to mental health challenges. Epigenetic changes influenced by attachment experiences can potentially be passed down to subsequent generations. This suggests a mechanism for the intergenerational transmission of traits related to attachment and emotional regulation.

Understanding the interplay between genetics, epigenetics, and environmental factors like attachment experiences is complex. It emphasizes that while genetics provides a foundation, the environment, especially early caregiving relationships, can shape gene expression through epigenetic mechanisms. This dynamic interplay highlights the importance of supportive and nurturing early environments for optimal emotional and psychological development.

Now that you have a general overview of attachment theory and how environment, genetics, and epigenetics play a part it's time to dive into your own experience of your attachment style and how it impacts your dating.

Self-assessment: Identify your attachment style and its impact on dating

Now that you've reviewed the different attachment styles and have identified your attachment style, let's see how it's impacted your dating.

It's time for a trip down memory lane. I encourage you to take a moment to reflect on your past dating experiences.

◆ Reflection Questions

1. How did you feel when dating someone new?
2. How did you react when faced with conflict or uncertainty in a relationship?
3. Did you find it easy or challenging to trust your partners?
4. Were you comfortable with emotional intimacy, or did it make you anxious?

Self-assessment: Identify your attachment style and its impact on dating

Step 1: Recognize Your Attachment Style

Reflect on your behaviors and reactions in dating situations to identify the attachment style that best describes your typical approach. You may notice a primary attachment style along with some secondary traits from other styles.

Step 2: Assess the Impact on Dating

Analyze how your identified attachment style has influenced your dating experiences. Consider its effect on:

- Partner selection
- Communication and conflict resolution in relationships
- Levels of trust and emotional intimacy
- Coping with rejections or breakups

Step 3: Document Your Insights

Take time to journal your reflections. Write about your attachment style and provide examples from your dating history that illustrate its impact. Journaling can offer valuable insights into your dating patterns.

Step 4: Set Growth Objectives

Determine areas for personal growth in your dating life. Set clear goals for improvement and outline steps to achieve them. Understanding your attachment style and its influence on dating is the first step toward fostering healthier romantic relationships.



Recognize triggers

Reviewing your dating history can evoke a range of emotions, from past heartbreaks to unresolved feelings and unhealthy relationship patterns. It may challenge self-esteem and evoke nostalgia, necessitating emotional processing for personal growth and healthier future relationships. Reflecting on past choices can reveal cringe-worthy behavior, rooted in unhealthy emotional needs. Recognize that these choices stemmed from a place of seeking fulfillment from others. Assessing whether you'd choose to date certain individuals now signifies growth; if not, commend yourself. Alternatively, you may have not been ready for what they offered, which is valid progress. Recognizing triggers and behaviors requires reflection on past and present relationships. Identify repeating patterns and emotional responses by journaling experiences, including past friendships. This prepares you to explore common triggers for each attachment style.

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Secure Attachment Style

Triggers:

- Experiencing feelings of neglect or rejection from a partner.
- Encountering conflicts or disagreements within the relationship.
- Navigating moments of uncertainty or change in the relationship dynamic.

Behaviors:

- Tackle conflicts directly and productively, fostering open communication.
- Reach out for support from friends and partners during challenging periods.
- Cultivate a healthy equilibrium between personal independence and relational intimacy.

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Avoidant Attachment Style

Triggers:

- Feeling pressured for emotional intimacy or vulnerability within the relationship.
- Sensing feelings of being smothered or controlled by a partner.
- Experiencing fear of dependency or loss of personal independence.

Behaviors:

- Retreating emotionally or creating distance during moments of emotional intensity.
- Minimizing the significance of the relationship or avoiding conversations about feelings.
- Striving for a more independent lifestyle and displaying resistance towards commitment.

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Anxious Attachment Style

Triggers:

- Perceiving distance or withdrawal from a partner.
- Experiencing delays or unanswered messages from a partner.
- Feeling uncertain about the future of the relationship.

Behaviors:

- Becoming clingy or demanding in an attempt to seek reassurance.
- Engaging in overthinking and ruminating on the dynamics of the relationship.
- Overanalyzing the partner's actions or words for clues about the relationship's trajectory

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Disorganized Attachment Style

Triggers:

- Experiencing conflict or emotional intensity within relationships.
- Feeling fear of rejection or abandonment.
- Past traumas resurfacing in the context of current relationships.

Behaviors:

- Alternating between seeking closeness and pushing people away.
- Struggling with trust and experiencing mood swings.
- Reacting unpredictably or impulsively in relationship dynamics.

Preparing for Dating Apps

Preparing for dating apps is crucial as it sets the foundation for successful and safe online dating experiences. A well-crafted profile helps attract compatible matches, while clear communication boundaries foster healthy interactions. Being emotionally prepared for both rejection and potential connections ensures a positive mindset, enhancing the overall dating experience.

Setting healthy boundaries in online dating is vital for several reasons. Firstly, it safeguards your emotional well-being by preventing over-investment too quickly. It also establishes expectations, reducing misunderstandings and potential conflicts. Moreover, boundaries help protect your personal information and safety, ensuring a more secure and positive online dating experience.

Preparing for dating apps



Self-Reflection:

Before diving (back) into the world of dating apps, take some time for self-reflection. Start by exploring your own values, interests, and what you genuinely want from a relationship. Consider past relationships and what you've learned about yourself through those experiences. Reflect on your own strengths and areas for growth, recognizing that everyone is a work in progress. Lastly, set clear intentions for using dating apps – whether it's seeking a serious relationship or enjoying casual connections – and be authentic in presenting yourself. Remember, the more self-aware and true to yourself you are, the better your chances of finding someone who appreciates you for who you are.

Communicate Early:

When you start on dating apps, don't shy away from expressing your needs early on. Be upfront about your priorities, whether it's seeking a serious commitment or keeping things casual. Communicate your values, interests, and deal-breakers to filter out those who align with your goals. Share what makes you tick and what you're looking for in a connection, fostering open and honest communication from the get-go. Remember, being true to yourself and vocal about your needs sets the foundation for a more genuine and satisfying dating experience. Go ahead and let your authentic self shine!

Preparing for dating apps



Be Honest:

As you dive into the dating app scene, honesty is your best ally. Be upfront about the type of person you're looking for – whether it's someone who shares specific interests, values, or long-term goals. Embrace your preferences and don't be afraid to articulate what matters most to you in a potential match. Being genuine about your expectations helps attract like-minded individuals who appreciate you for who you are. Remember, honesty is the key to finding someone who resonates with your vibe and makes your dating experience more authentic and fulfilling.

Trust Your Instincts:

Trusting your instincts is a crucial aspect of preparing for the world of dating apps. As you curate your profile and engage with potential matches, your intuition serves as a powerful compass. Pay attention to those gut feelings when scrolling through profiles or engaging in conversations—your instincts often provide subtle insights into compatibility and authenticity. If something feels off or aligns remarkably well, listen to those cues. Instincts act as a natural filter, guiding you toward connections that resonate with your values and interests. By embracing and trusting your instincts, you empower yourself to navigate the digital dating landscape with a sense of authenticity, ensuring that your online interactions align with your genuine desires and intentions.

Preparing for dating apps



Limit Personal Information:

Avoid sharing sensitive personal information, such as your home address, financial details, or other private data, until you feel comfortable and trust the other person. Always meet at a public place on the first meeting. Consider using a nickname or username rather than your full name. You can also use a separate email address for online dating. Ultimately, trust your judgment and prioritize your comfort and safety in online dating. If a situation doesn't feel right, it's okay to remove yourself from it.

Setting Boundaries



Set Clear Boundaries:

As you gear up for dating on apps, let's talk boundaries. First off, identify your personal deal-breakers and must-haves so you can navigate matches more confidently. Reflect on your comfort levels with communication frequency and disclosure of personal information. Be clear on your expectations for both online and offline interactions, ensuring you prioritize your well-being. Remember, it's totally okay to say no or take a step back if something doesn't align with your boundaries – your comfort and safety come first. Lastly, trust your instincts and know that setting and enforcing boundaries is a healthy part of any dating journey.

Set Time Limits and Be Selective:

Limit the amount of time you spend online dating each day to avoid burnout and obsession. Prioritize your other life activities. Don't feel obligated to respond to every message or engage with every match. Be selective and prioritize connections that align with your values and boundaries.

Learn to Say No:

If someone crosses your boundaries or makes you uncomfortable, don't hesitate to say no or discontinue communication with them. As mentioned above, continuously communicate your boundaries as the relationship progresses.

Creating Your Profile



Creating an authentic and attractive dating profile is crucial to making a positive impression and attracting compatible matches. Here are some tips to help you craft a profile that reflects your true self while drawing in potential partners:

Choose the Right Photos:

A picture speaks 1000 words and is the portal to your first impression. Use high-quality photos that showcase your personality and interests. Include a variety of photos, including clear headshots and full-body shots. Use photos that capture you in natural and genuine moments that feel authentic to you. Don't put up a rockclimbing photo of yourself if you've only done it once and hated it. Choose photos that reflect who you are and what kind of life you want to live.

Be Genuine:

Write an honest and sincere bio. Be yourself and avoid exaggerating or pretending to be someone you're not. Highlight your hobbies and passions. Mention the activities you enjoy and would like to share with a potential partner. Use positive and upbeat language in your profile. Focus on what you enjoy and what you're looking forward to in a relationship. Use this space to also voice what you aren't looking for.

Creating Your Profile



Be Specific:

Provide specific details about yourself, such as your favorite books, movies, or places you've traveled. This can spark conversations with like-minded individuals. A touch of humor can make your profile more approachable. Share a funny anecdote or witty remark, but avoid offensive or controversial humor unless you want to attract that type of person.

Share What You're Looking For:

Clearly communicate what you're looking for in a relationship. Are you seeking a long-term commitment or something more casual? If you have specific deal breakers, it's okay to mention them in a polite and non-judgmental way.

Be Positive About Past Relationships:

If you mention past relationships, do so in a positive light. Focus on what you've learned and how you've grown. When you hear people talking negatively about their past relationships that could be a sign that they are not over that person and hold a lot of resentment. This negativity has the potential of seeping into your current relationship.

Creating Your Profile



Avoid Clichés:

Steer clear of overused phrases and clichés. Instead, use unique language that sets you apart. Keep your profile concise and easy to read. Avoid lengthy paragraphs or excessive details. Hardly anyone reads the entire profile so don't spend a lot of time stressing out about what to write about yourself. Mention your values and what's important to you in a relationship. This can help attract individuals who share your beliefs.

Update Your Profile Periodically:

Keep your profile up-to-date with recent photos and any changes in your interests or relationship goals. Seek feedback from friends or trusted individuals on your profile. They can offer valuable insights and suggestions. Be open to adjusting your profile based on your experiences and feedback. Experiment with different approaches to see what works best for you.

Conscious Texting



The amount of texting before the first date can vary from person to person, and there isn't a fixed rule for how much is too much. It largely depends on individual preferences and the nature of the connection. However, here are some guidelines to consider:

Build Some Rapport: It's essential to exchange enough messages to establish a basic rapport and ensure that you have common interests and goals. This may involve a few days of texting back and forth. Once you feel a connection and have established a rapport, don't hesitate to suggest meeting in person. It's better to move from online messaging to a real-life date relatively soon to assess compatibility.

Avoid Overwhelming Conversations: While it's crucial to build rapport, avoid overly lengthy or intense text exchanges before the first date. It's essential to leave some topics for in-person conversations to maintain a sense of excitement.

Purposeful Texting: Ensure that your texting serves a purpose. Engage in meaningful conversations, share personal stories, and ask questions that help you get to know each other better. Strike a balance between texting and real-life interaction. The ultimate goal is to meet in person, so texting should be a means to that end, not a substitute for it.

Conscious Texting



Different People, Different Preferences: Remember that people have different communication preferences. Some may prefer to meet sooner, while others feel more comfortable with more extensive texting.

Timing Matters: Pay attention to the timing of responses. If you notice that both you and your potential date are responding quickly and with enthusiasm, that's a good sign. However, if one person's messages become less frequent or enthusiastic, it might be time to suggest a date.

Trust your gut feeling: If you feel that you've had meaningful conversations and it's the right time to meet, suggest a date. If you're unsure, a polite way to gauge their interest is by saying, "I've enjoyed our conversations. Would you be interested in meeting for a coffee/drink sometime?" Notice how the other person schedules dates and if they take you into consideration. Are they canceling last minute? If so it is time to move on.

In summary, there's no fixed formula for how much texting is too much before the first date. The key is to strike a balance between building rapport and moving toward an in-person meeting. Pay attention to the flow of the conversation and the level of enthusiasm from both sides, and when you feel the time is right, take the initiative to suggest a date.

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Red flags

Practicing assertive communication and addressing potential red flags is crucial in dating to maintain your self-respect and safety. Assertiveness helps you express your needs and boundaries clearly, fostering healthy interactions. Recognizing and dealing with red flags early on can prevent toxic or harmful relationships, ensuring that you prioritize your emotional and physical well-being while seeking a compatible partner.

Remember that assertive communication is a skill that improves with practice. It can lead to more open and honest conversations, helping you address red flags and build healthier, more respectful relationships. If red flags persist or escalate, prioritize your well-being and consider making choices that prioritize your safety and happiness.

Recognizing red flags in someone else's online dating profile is essential for your safety and well-being when seeking potential partners. Here are some common red flags to watch out for:

Watching Out for Profile Red Flags



Incomplete or Vague Profile: A profile with little to no information may indicate that the person is not serious about dating or may be hiding something.

Inconsistent Information: Pay attention to discrepancies in their profile details, such as age, location, or relationship status. Inconsistencies could be a sign of dishonesty.

Lack of Photos: Be cautious of profiles with very few or no photos, as this may indicate an unwillingness to share their appearance or a potential for catfishing.

Overly Edited Photos: Excessive use of filters and heavy photo editing may suggest an attempt to misrepresent their true appearance.

Too Good to Be True: If their profile seems too perfect or their accomplishments seem exaggerated, it might be a sign of embellishment or insincerity.

Multiple Accounts: If you discover that the person has multiple online dating accounts or uses different names, it could indicate deceitful intentions.

Pushy or Aggressive Language: Profiles that contain aggressive language, explicit content, or excessive sexual references can be a red flag for disrespectful behavior.

Watching Out for Profile Red Flags



Lack of Boundaries: Profiles that express an open willingness to engage in unhealthy or disrespectful behaviors can be concerning.

No Effort in Communication: If the person sends generic or copy-paste messages without showing genuine interest, it may indicate insincerity.

Inconsistent Messaging: Be wary if the person's tone or messaging behavior changes dramatically during conversations, as it could be a sign of manipulation.

Refusal to Share Social Media: Someone unwilling to connect on social media or provide additional online presence may be hiding something.

Avoidance of Video Calls: If they consistently make excuses to avoid video calls or in-person meetings, it might be a sign of deceit or catfishing.

Pressure for Personal Information: If the person pressures you to share personal information, such as your address or financial details, it's a significant red flag for potential scams.

Trust your instincts when assessing someone's online dating profile. If something feels off or raises suspicion, proceed with caution, and consider conducting additional research or background checks when necessary. Prioritize your safety and well-being in all online dating interactions.

How To Avoid the Red Flag Rut



Learn the principles of assertive communication, which involves expressing your needs, thoughts, and feelings in a respectful and confident manner while also considering the other person's perspective.

Self-Reflection:

Reflect on your feelings and thoughts to understand your needs and boundaries better before addressing a red flag. Something that causes discomfort may not be a red flag.

Choose the Right Time and Place:

Find an appropriate and private setting to discuss your concerns with the other person. Set aside a time that works for both of you. When you bring up issues while the other person is busy working on something they will feel ambushed and immediately go into defense mode.

Use "I" Statements:

Frame your statements using "I" instead of "you" to express your feelings and needs without sounding accusatory. For example, say, "I feel uncomfortable when..." rather than "You always..." You want your "I" statement to be solution-oriented to let the other person know what works for you. For example, "I feel unheard when you look at your phone when I talk to you. Is it okay for you to put your phone down when I am telling you about my day?"

How To Avoid the Red Flag Rut



Be Specific:

Clearly articulate the issue or red flag that concerns you, providing concrete examples when possible. Again, use “I” statements. Listen actively to the other person's response. Give them a chance to express themselves and show empathy. Check in with yourself to make sure you are communicating from a place of defense.

Maintain Eye Contact and Body Language:

Maintain confident body language and eye contact while speaking, which conveys assertiveness. Avoid becoming defensive or aggressive. Stay calm and respectful, even if the other person becomes defensive. When you sense your nervous system becoming dysregulated, take a few deep grounding breaths.

Set Boundaries:

Clearly define your boundaries and expectations in the relationship. Discuss and mutually agree upon them. Notice how the other person communicates about boundaries. Do they respect your requests or ignore them?

How To Avoid the Red Flag Rut



Take Action:

If the red flag is related to a serious issue like abuse, manipulation, or consistent disrespect, take appropriate action to protect yourself. This may involve ending the relationship or seeking help. Be vigilant for recurring red flags or unhealthy patterns in the relationship. Recognizing patterns can help you make informed decisions.

Trust Your Intuition:

If something feels off or raises a red flag in your gut, trust your instincts and investigate further. Reach out to friends, family, or a therapist for guidance and support in dealing with red flags. They can offer an objective perspective.

Evaluate the Response:

Assess how the other person responds to your concerns. Are they willing to work on the issue and respect your boundaries, or do they dismiss or minimize your feelings? Depending on the response and the severity of the red flag, evaluate whether the relationship is healthy and worth continuing. When there are too many red flags or you and the other person don't feel compatible, regardless of how much you want it to work, it is time to walk away.

Reflection Answers

List some red flags you've ignored and how you want to handle red flags moving forward

Meet The Author



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Discovering the concept of attachment styles was a profound revelation for me. It illuminated the intricate patterns underlying my relationships—the good, the bad, and the ugly. Understanding how my attachment style influenced my interactions with others inspired me to share this knowledge with others. Drawing from my personal history of relationships and my experiences counseling clients through their dating and relationship challenges, I've crafted this guide. It's a culmination of insights gleaned from both personal reflection and professional expertise, aimed at helping others navigate the complexities of love and connection with greater awareness and understanding.

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