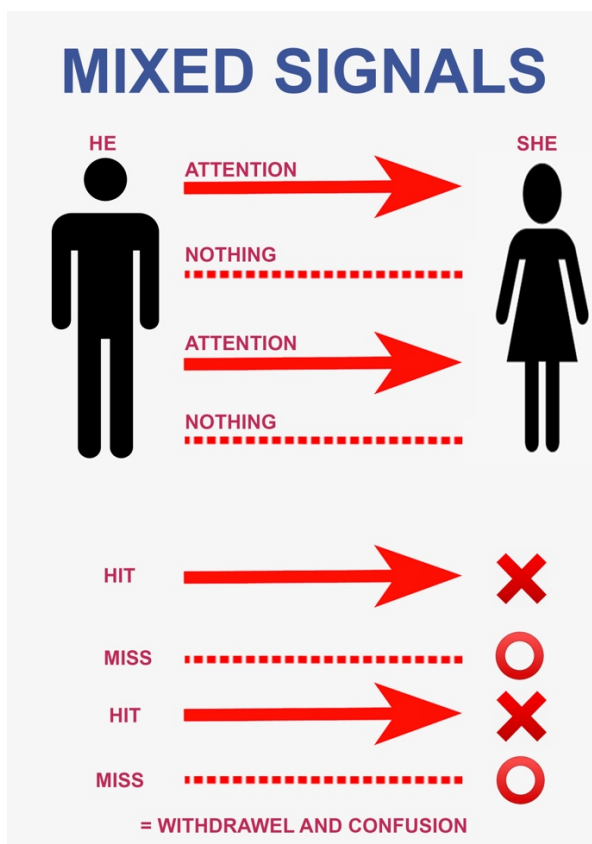


WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 7!

In this lesson, we learn about attachment styles which is one of the most critical aspects when it comes to understanding your relationships. It is about Connection and avoiding Rejection. It comes from our relationship with our passed, mainly our parents, their relationship with each other and our views from the outside looking in.



TODAYS LESSON -DAY 7 – ATTACHMENT STYLES

Funny my attitude about my parent's relationship would be very different from my sister's opinion. We are all different so again, choose your story and let the emotional negative rubbish go!

97% of us want connection and to share our lives and stories with others. In the 50's 82% people would marry for security but nowadays because of independence and females having their own money it is now 82% connect for love.

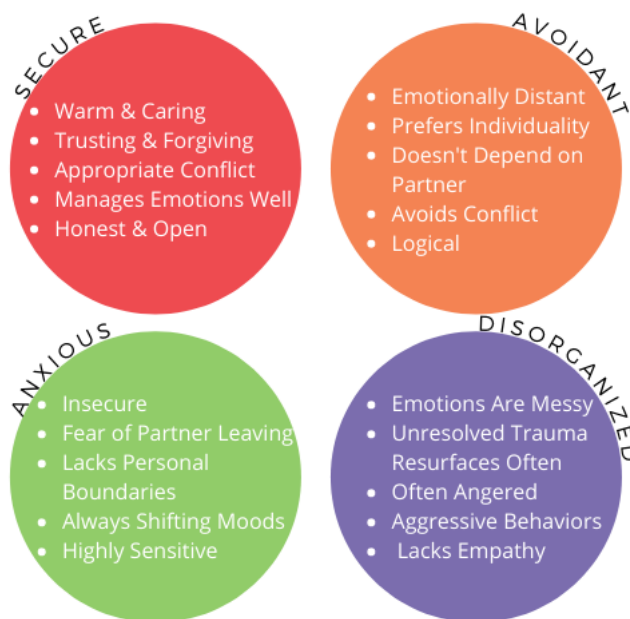
Why is it good to know your attachment style?

So you can be more compassionate and empathetic. So you can understand your triggers and take a deep breath and step back... Say...agh, that's why I do that.

Write it out. Learn from your mistakes. You also can see red flags from relationships you get into and know sooner, if you should get out of it. Remember everyone comes into your life for

1. A Reason, (to help you learn, what you don't want)
2. A Season, (suits your journey at the moment, before one outgrows the other)
3. Forever.... says it all. Bare in mind, the average person is in 3 relationships in their life so enjoy YOUR journey.

Attachment styles:



- 20% of people have anxious attachment styles, which is usually coming from their feminine energy. you crave intimacy which creates safety and security. you're always looking for signs that your partner is leaving which is your fear of being abandoned. you're also extremely aware of your partner's thoughts and feelings. two anxious styles can work together as long as one is not co-dependent.
- 25% of people have avoidant attachment styles. this style views intimacy as a threat to their independence. they deactivate security by hiding behind their work and "always being busy." two avoidant styles don't work together, they are like 2 negative poles. They push too much. This is more a masculine negative vibe.
- 50% of people have secure attachment styles. These people are happy in their own skin and go with the flow. They can form a relationship with anyone above and grow as they are grounded and are very empathetic.
- 2-5% of people have fearful avoidant (anxious + avoidant) attachment styles. you constantly repurpose the trauma of childhood and push people away

Remember we are here to learn from our mistakes. Enjoy it and rather than knock yourself for what you feel is a failed relationship, pat yourself on the back and say...and write it out, I've learned another lesson. Trust builds security, we all have a bit of all 3 attachment styles, the point is to work on

yourself so you can be secure. Security builds a stable, loyal, trustworthy relationship.



Day 7 - Homework

Identify your attachment style: anxious, avoidant, secure, or fearful-avoidant (the blend of anxious and avoidant).

1. Try to identify what your attachment style has been without taking the quiz first. what patterns do you see in your life?
2. What your obstacles are to you becoming secure. what can you do to become more secure?

SEE YOU TOMORROW!

With Love, Sharon Kenny xx

“I didn’t invent MatchMaking....I PERFECTED it!”

SUPPORT / QUESTIONS ETC

WhatsApp me anytime directly at
+353-86-0-711-711 (Best way to get in touch with me)

SOCIAL LINKS

TIC TOC – @SharonKenny45
FACEBOOK: SharonKennyMatchmaker
INSTAGRAM: sharonkenny_thematchmaker
WEBSITE: www.TheMatchMaker.ie

