

## **Attachment Style: From Attachment to Self-Love**

*A reflection on attachment, healing, and learning to come home to myself*

For so long, I looked for love outside of myself—hoping that if I found the right person, I would finally feel safe, seen, and whole. I believed love would quiet the ache inside me, that being chosen would somehow make me complete.

But what I've come to understand is that the love I was searching for was never missing, it was waiting patiently within me, asking to be remembered.

Exploring my attachment style helped me see the ways I reached for connection and the ways I pulled away from it. It revealed the parts of me that feared abandonment, the parts that built walls for protection, and the tender parts that simply wanted to be held. These patterns weren't flaws; they were the echoes of an earlier story—one where love felt uncertain, where safety had to be earned.

With time, reflection, and compassion, I began to rewrite that story. I began to focus inward, rather than directing my attention elsewhere. I learned to meet my own feelings with gentleness, to soothe the anxious places within me, and to offer myself the steadiness I once sought from others. Somewhere in that quiet turning inward, I found home.

Now, love feels softer, truer—no longer something to chase, but something to tend to. When I am rooted in love for myself, I can meet others from a place of fullness, not fear. I can give without losing myself and receive without questioning my worth.

The love of my life is me—not because I don't need others, but because the truest relationship I'll ever have is the one I build within. From that foundation, every other connection becomes deeper, freer, and more real.

This is a form of love that does not require pursuit or discovery. It simply asks to be remembered.

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