



While in a relationship, each partner can have a variety of different needs and expectations. It's natural to want attention, care, and support from one's partner, but sometimes these emotional demands can become overwhelming. If you're in a relationship with someone who is emotionally needy, you may not know how to handle it and might worry about hurting your significant other. Leaving this issue unaddressed can lead to the downfall of the relationship, making it important to know what to do when you find yourself in this situation. Getty/Halfpoint ImagesBeing attached to an emotionally needy person can be hardFind support in online couples therapySigns of emotional needinessOne of the first steps to dealing with emotional neediness in your partner is understanding what it looks like. While your significant other might be needy most of the time, it's unlikely that that's always the case with everything they say and do. So, it can be important to sort out the needy behavior from the healthy. Here are some signs of emotionally needy behavior: They never go out with friends or have friends over. They beg or bargain to spend more time with you. They use emotional blackmail to get you to spend more time with them, manipulating you by making you feel guilty or upset. They take over your social media, constantly posting on your wall, going way back in history to like old photos, or demanding attention in comments. They constantly argue with you so that they can get your attention and try to influence what you think about them. They ire clingy, never wanting you to go out on your own or do anything that doesn't involve them. Remember that everyone has needs. In a close, healthy relationship, both people usually meet some or most of each other's needs. The problem can come when your partner expects you to meet all their needs - both needs they should meet for themselves and needs they could address with other people outside the relationship. They might not only demand that you meet these needs, but also use emotional tricks to make you meet them. How to act in a relationship with an emotionally needy personOnce you recognize that your partner is emotionally needy, you can start thinking about how to respond to it. You can start thinking about how to respond to it. your feelings about their needy behavior and talk about what might be causing it. Ask them how they're doing and if there's anything stressful going on in their life right now. A short, direct conversation about the situations they're facing gives them a chance to clue you in about the source of their problem. Encourage themIf you care about your partner and want to stay in the relationship, it probably makes sense to support them in becoming a more independent person. Instead of pushing them away, suggest ways they can meet their own needs. Try to do it positively and in an encouraging, nonjudgmental way. You can't control their reaction, but you can choose to be open about how you feel and support them along the way. State your boundaries clearly Even if you care deeply about someone, it can still be important to have boundaries and state them clearly. It may be easier for your partner to cross the line is for your partner to cross the line into emotional neediness if they don't know where the line is for your partner to cross the line into emotional neediness if they don't know where the line is for your partner to cross expecting me to do everything for you!" try to be more specific. Tell them exactly what you're willing to do and what you aren't. This can give them the opportunity to do their part to improve the relationship in a way that's comfortable and acceptable for each of you. Getty/AnnaStillsBeing attached to an emotionally needy person can be hardFind support in online couples therapyTake time for yourselfFor your mental health, it can be vital to give yourself some space to experience life outside of the relationship. Take some time to do things that don't include your partner. This could mean spending time with friends or participating in a hobby you enjoy. Staying present in the moment can be refreshing and decrease your stress levels. When you come back to be with your partner, you may feel more equipped to confront or cope with their neediness. Avoid being overwhelmed by guilty feelingsEmotionally needy individuals can make you feel guilty when you don't meet their expectations and demands. They might place a great deal of pressure on you to meet all of their needs and make you feel like it's your fault when they aren't happy. When this occurs, try to remind yourself that you're just one person and only human. You can't solve every problem they have, and it can be important to remain happy with yourself even when they aren't happy with you. Odds are that you're doing the best you can with what you have. Get help from a couples counselor Getting along with someone who is emotionally needy can be challenging for anyone. While the above suggestions might help, a couples counselor could offer even more assistance. They can help the two of you learn to communicate in healthier ways and work individually with each of you to heal from personal problems. Through the therapeutic process, the therapeutic process they're causing you. a much healthier relationship. If your partner isn't willing to go with you or can't, consider going to a therapist on your own. They can give you tools and teach you techniques to respond in healthier ways. Working to change the dynamics of an unhealthy relationship can make it more fulfilling for both of you. Online counseling with Regain Being in a relationship with someone who is emotionally needy can take a toll on your mental health. Discussing your concerns, worries, and struggles with a therapist could help you handle the situation in a healthy way. Regain is an online counseling platform that can connect you with a therapist from the comfort of your home. Since online therapy allows you to schedule your sessions according to your availability, you can choose a time that doesn't interfere with you and your partner's time together. This can make it easier to get the mental health support that you're in need. The efficacy of online counseling Individuals who are emotionally needy may experience anxiety and depression because of their dependence on their partner. In some cases, they may benefit from internet-based counseling by learning how to become more safe. Doctors from the University of Pittsburgh found that online cognitive behavioral therapy can successfully manage and treat symptoms of anxiety and depression. Improvements in these areas may reduce relational distress and improve relationship satisfaction. Counselor reviews "Sessions with Natalie are very insightful and give practical advice on implementing new habits and changes. Be prepared to engage and be challenged to think in a different way. I know that my partner and I can already see improvements in our relationship and feel more positive about working through our issues together.""Austa has been wonderful thus far. She has helped my partner and I during an unimaginably difficult time... She has helped my partner and I during an unimaginably difficult time... She has also guided us in communicating effectively and setting appropriate boundaries in our relationship. I was hesitant to pursue counseling at the beginning, but I truly believe that it is making a difference for our relationship. Austa is easy to talk to and she is a great listener. I would wholeheartedly recommend her as a counselor."TakeawayEmotional neediness can manifest in a variety of ways within a relationship. In some cases, someone who is emotionally needy may be struggling with an anxious attachment style or dependent personality disorder. When there is an imbalance of neediness in a relationship, it can cause stress, discomfort, and even lead to the end of the partnership. However, it is possible to work through these issues and develop a healthier relationship. Online couples counseling can equip both partners with the tools and support they need to communicate well, set boundaries, and build a strong foundation on which to stand. An emotionally needy person typically depends much more on the emotional support of others away (although this is the opposite of what they want) due to their needy behaviors. In many cases, an emotionally needy person has an anxious attachment style. Your attachment style develops as a child and forms due to the relationships you had with your parents; if you experienced inconsistent nurturing while growing up, it could have lasting effects on your adult relationships. What are the signs that you are in a relationship with an emotionally needy person? Wondering if you are a needy person? Here are some common signs: The partners you pick seem unable to fulfill your needs, no matter how hard they tryYou frequently overreact because you're afraid your partner will leave youYou feel abandoned if your partner will be a some common signs: The partners you pick seem unable to fulfill your needs, no matter how hard they tryYou frequently overreact because you're afraid your partner will be a some common signs: The partner will be a some common signs panicYour partner is the center of your universeYou feel your best when you are close to your partner/s social mediaYou feel afraid they no longer care about youYou have a constant need for reassuranceYou are extremely jealous and possessiveYou constantly check up on your partner's social mediaYou feel depressed when you're away from your partnerYou tend to move very quickly in relationshipsYou tolerate disrespect and poor treatment even if it leads to anxietyYou engage in controlling behaviors; you start acting manipulatively to avoid feeling abandonedIf you find yourself feeling emotionally needy and wish to learn more effective methods of communication to improve your relationships, counseling or therapy could be beneficial for you. You can also work on your emotional neediness on your emotional neediness on your own, starting by reading articles like this one and applying the knowledge you gain to your life. What makes someone needy in a relationship? A person who's needy in a relationship tends to need excessive amounts of affection, affirmation, and reassurance from their partner— and even if they receive all of that, they may still need more. The reason that some people are needy in relationships often goes back to their attachment style. Your attachment style is developed as a child in response to the way your parents treated you. Those who grew up with toxic or dysfunctional parents, or parents who only nurtured them intermittently, are more likely to develop an anxious attachment style is characterized by a constant fear that the other person in the relationship will leave or suddenly stop loving them. Those with an anxious attachment style often push others away because of their needy behaviors. Can being needy ruin a relationship?Neediness—even if unintentional—can wreak havoc on a relationship. Although needy behaviors are typically intended to get a partner to stay, they often have the opposite effect. However, being needy or having an anxious attachment style is something you can change if put in the time and effort. One of the first steps can be admitting that you have a problem and becoming aware of your attachment style can also be valuable. From there, you can work on your own or with a mental healthcare professional to change your attachment style, gain self-esteem, in relationships, and communicate more effectively. How can I stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? While it might seem difficult to stop being emotionally needy? Whil any needy thoughts or behaviorsChoose not to act on emotionally needy impulsesSpend some time away from your partnerFind an activity or hobby that you enjoy doing on your ownLearn to love yourselfConnect with a mental health professionalYou can overcome your emotional neediness on your own, but if you think you'd benefit from professional support, consider enlisting a therapist in your healing journey. Has someone ever told you that you're being "too needy" when you ask for affirmation, time, or help, or do you often feel that way about yourself? This can be difficult to hear. While it may not always be accurate, sometimes it may be helpful to examine why someone might see you this way and consider if there are other ways you can address it.Getty/Vadym PastukhCoping with relationship fears can be difficultGet support from a licensed therapistWhy a person might be clingy"Neediness" is often thought of as clinginess in a relationship. For example, it might manifest as someone needing plenty of reassurance, validation, or various forms of affection in order to feel comfortable in the relationship. It may help to remember that "neediness" is different from simply having needs; neediness refers to an excessive clinginess or need for affection or attention. Sometimes, perceptions of "neediness" in a relationship may stem from a person's anxiety. Anxiety disorders are fairly common and can involve persistent feelings of worry that can interfere with daily life, including relationships. This is not to say that everyone with an anxiety disorder will be needy in a relationship; this is simply one possible reason why neediness may exist. Below are some possible reason why neediness in a relationship; this is simply one possible reason why neediness may exist. processes potential danger or signs of change. In a relationship, this can mean that small shifts in behavior can prompt outsized anxiety. For example, many long-term relationships go through time. Those with anxiety may interpret any changes at this time as distance or drift in the relationship. Other common features of a relationship, like a significant other spending time with other friends, being involved with other activities, or not responding immediately to a text, can also prompt an anxiety response that leaves a person feeling worried and in need of reassurance. Fear of losing relationshipsSometimes, neediness can be born of the fear of losing one's partner. We may even know that our fear is not rational—and that clinginess may push our partner away—but we may find ourselves unable to stop the behavior. In these situations, you might try asking yourself why you're worried about losing this person or relationship. Consider what it would mean if that loss occurred. Would it confirm a sense of your own unworthiness? Are you fighting off the feeling that you will never be loved like other people are? If anxiety is at the root of your actions, it may help to talk to a therapist with whom you can process your concerns. Overcoming your fear can be one way to stop being needy.Past experiences Important relationships can also bring old hurts and unmet needs to the surface. Maybe you had a negative experience with a relationship that still affects you, like a former partner cheating on you. Or maybe you didn't receive the parental love that you needed. While we might not expect a partner in a new relationship to affirm our worth in a way that our parents never did, that need might surprise us as a relationship grows closer. If we look back through our lives and find a belief that we never quite measured up, it may cause anxiety about not being the person our significant other wants us to be. It may not be youMany of us find ourselves feeling needy at some point in our lives. While it can be important to take responsibility for our feelings and work on coping skills for possible causes of neediness, sometimes it's not us. As noted above, we all have needs, and it's not "needy" to ask for reasonable needs to be met. If your partner is calling you needy, but it doesn't seem to reflect your actual behavior, it may be worth getting an outside perspective. You can talk to a trusted friend, a family member, or a counselor about how you are being perceived. It is possible that someone may inappropriately call someone else needy when their needs are reasonable. attachment style in relationships. It involves a powerful need for closeness and intimacy, along with a deep fear of being left or turned away. People who have an anxious attachment style tend to be needy and clingy in their relationships. GettyHow to address needinessIf anxiety is at the root of your thoughts and behaviors that may be coming across as "needy," it may help to remember that these behaviors may be a symptom of a mental health professional, whether in person or online, to get a proper diagnosis and treatment. Also, it may help to remember that these behaviors may be a symptom of a mental health professional, whether in person or online, to get a proper diagnosis and treatment. Also, it may help to remember that these behaviors that may be coming across as "needy," it may help to remember that these behaviors may be a symptom of a mental health professional, whether in person or online, to get a proper diagnosis and treatment. Also, it may help to remember that these behaviors may be a symptom of a mental health professional, whether in person or online, to get a proper diagnosis and treatment. 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If situations in your life are driving your stress level to unhealthy heights, there may be changes you can make to mitigate your stress. This can involve something minor like blocking off a few minutes every day to unwind, or it could involve a bigger life change, such as looking for a new job if possible. Also, if a relationship with someone is causing a lot of stress, it may be time to rethink how much time and energy you're investing in it, set new boundaries, or consider ending the relationship if necessary. Other causes of stress, finding ways to reduce your stress load to a manageable level may help to alleviate anxiety. Take practical steps for your relationship While you're working on your anxiety, there are also some concrete steps you can consider taking to reduce any excessive pressure stemming from you relationship with your partner: Spend time with other people. Consider spending quality time with friends, family, or other people in your life. This can remind you that your partner isn't the only person who cares about you, and it may also reassure your partner that they aren't solely responsible for your social needs. Pick up a hobby (or revive an old one). Making things, doing community theatre, joining a book club—these activities can fill your spare time and may help to meet needs for meaning and validation. Creating useful or beautiful things can be intrinsically satisfying, while working together with a group of people may give you a sense of community and connection. Set community and connection limits. If you find yourself to reaching out every few hours, or whatever seems to be a healthy limit for both you and your partner. Working together to identify preferred communication styles and amounts can be helpful for both of you. Get guidance on how to not be needy in relationships in therapyWhile the above tips can be helpful, it can also be useful to recognize when a mental health concern is beyond your own capacity to handle. A licensed therapist may be able to help you recognize, process, and cope with anxiety, and they might also help you find ways to nurture and strengthen important relationships. In addition, a doctor or psychiatrist might help you determine whether medication can be helpful in managing your anxiety. One type of therapy that is often used in treating anxiety is cognitive behavioral therapy (CBT), which often helps people address and reframe negative thoughts as positive ones, to create more positive emotions and healthier behaviors. Recent research shows that online CBT (iCBT) can treat anxiety disorder, social anxiety disorder, and generalized anxiety disorder, but online treatment has been found to be cost-effective. When symptoms of anxiety make it hard to leave home, it can be difficult to make it hard to leave home, it can be difficult to make it hard to leave home, it can be difficult to make it hard to leave home, it can be difficult to make it hard to leave home and the symptoms of anxiety make it hard to leave home and the symptoms of anxiety make it hard to leave home and the symptoms of anxiety make it hard to leave home. internet connection, including the comfort of your own home. You can communicate with your therapist via phone, live chat, or videoconference at a time that works for you. GettyCoping with relationship fears can be difficultGet support from a licensed therapist. esteem while working with her."— BetterHelp member's review of their therapistBeing called "needy" can be difficult to hear. While it may not always be accurate, sometimes it can be helpful to examine why someone might perceive you this way. If you feel that you may be acting too needy in some ways, you might consider trying some of the approaches above for help, such as finding ways to manage anxiety. It also may help to talk to a therapist about whether you feel you're being needy at times. If you feel you're being needy at times to discuss this topic in a therapist's office, you can connect with a licensed therapist online from the comfort of home. Take the first step toward relieving your anxiety and contact BetterHelp today. Several factors can cause a person to be needy, including low self-esteem, a negative self-image, past traumas, or an anxious attachment style that makes you seek constant communication and reassurance from your partner. Can you describe how to not be needy, try to reflect on your emotions and behaviors in your relationship. Analyze what triggers them, and talk to a therapist to receive guidance on how to overcome neediness. What are the traits of a needy person?Traits of a needy person can include clingy behavior in a relationship, a desire for constant communication, difficulty spending alone time, an inability to allow a partner space, and seeking constant emotional support. These traits may be seen in relationships with both same sex and opposite sex partners. Is being needy toxic?While everyone has needs in a relationship, excessive needy behavior can become toxic if it stifles romantic partners, erodes healthy boundaries, and results in one partner feeling overly clingy a red flag? Being overly clingy can be a red flag in romantic relationships, as it may indicate underlying issues with self-esteem, trust, or an anxious attachment style. It can also strain the dynamic between romantic partners. How do I become less needy in a relationship? To become less needy, focus on boosting your self-confidence, and understanding that it's okay to give your partner space. Am I too emotionally needy? If you find yourself seeking constant reassurance, struggling with clingy behaviors, or feeling that your romantic relationship is the sole source of your happiness, you might be overly emotionally needy. Is being needy controlling? While not all needy behavior is controlling, some people can use their emotional needs as a way to manipulate or control their partners. This can manifest in guilt-tripping, constantly checking on their partner, or being overly possessive. How do I overcome my anxious attachment style? Overcoming desperation for love and your anxious attachment style? in a relationship isn't healthy, and seeking emotional support outside of just romantic relationships. How can I express my feelings without appearing needy, practice clear and direct communication, avoid constant communication about the same issues, respect your partner's space and boundaries, and direct communication about the same issues feelings without appearing needy. ensure you're also lending an ear to their feelings and concerns. Being needy and needing attention is not the same thing. Everyone needs attention and respect from their loved ones, but understanding how to stop being needy goes above and beyond that. you're needy, it only encourages you to build your confidence based on others' views of you instead of how you were treated in your first relationship, or even a fear of loss. But practicing healthy relationship habits can help you appreciate the attention you get from others instead of needing it. [Read: How to stop being clingy and 19 steps to grow your confidence slowly] Isn't it great to be in love? There's someone who's always going to be there for you. Someone who will listen to you, give you advice, comfort you on bad days, and make you feel better. They can help you with chores, call you every hour or shower you with gifts and compliments! Doesn't love just make life so perfect? Looking at your relationship through rose-tinted glasses is common at the start. But when you take off those glasses and try to objectively have a peek into what's going on in your relationship, what do you see? Do you see? Do you see? Do you see? help? Someone who's always texting, calling, and emailing their partner even if they know they're busy at work? Do you see someone who needs constant affection and adoration from their partner in order to feel good about themselves? If any of those statements somewhat describe the way you behave in your relationship, then there's a possibility that you are insecure and need to learn how to stop being so needy in any relationship. Give yourself a moment and try to see if there's even an inkling of a chance that you may be smothering your partner with clinginess. [Read: How to love] There are many reasons why people become needy. But, whatever it is for you, relearning how to feel complete without the constant attention from others will not just help with how you think of yourself, but also how others see you. It is unfortunate, but most people find someone who is needy annoying. And it goes beyond that. attention or even pity, but being needy shows a lack of confidence that can be a turn-off romantically and beyond. Those who are needy talk down about themselves to others. We all have down moments. [Read: 14 signs of attention-seeking behavior that masks someone's insecurity] However, needy people share these negative thoughts to receive assurance from others, even if they don't realize it. But, by learning how to stop being needy, you can rebuild your confidence, learn how to have faith in yourself, and as a result, you'll have stronger relationships. [Read: Am I codependent? 14 signs you're overstepping boundaries and annoying people] Neediness could be a desire to text someone all day every day. It can be struggling to wait for a text back for more than 10 minutes from someone you like. It's possibly a need to see your significant other every day. Or it can be changing the topic to be about you, even if a friend is going through something. Here are some of the things needy people do that separate them from mentally healthy individuals. [Read: Attention seeking behavior and why some people go looking for drama] This is something many people do without realizing it. You feel the need to keep a conversation going. If the conversation dies, you think it's somehow your fault. Usually, when someone makes an excuse not to see you or not to respond to you, it is pretty easy to tell if it is truthful or not. Maybe you can't tell the first few times. But after it becomes a pattern, it is pretty hard to miss the hint that someone is trying to avoid you. Now, we are not condoning ghosting or making excuses for it, but sometimes needy people can be in denial about these things which only makes them harder to deal with. [Read: How to respond like a grown-up when someone deliberately ignores you] Extending conversation a lot longer than needed. Needy people crave the attention of things as insignificant as small talk. When a conversation is closing out, someone needy will drag it out by repeating themselves. Something many needy people do is apologize for their presence. When they text, they say "sorry if I'm bothering you". This can seem like a small thing, but is both self-pitying and manipulative. This sort of remark instigates the thought that you aren't good enough for someone to talk to or have time for and manipulates the person you're talking with to convince you that you're no bother. [Read: The common habits of people who are pushovers and how to change them] Whenever we have dealt with someone being needy, they repeatedly say "thank you" and not just in a polite way. But in an over-the-top way. Again, this is something that seems harmless harmless harmless the person you're talking with to convince you that you're no bother. [Read: The common habits of people who are pushovers and how to change them] Whenever we have dealt with someone being needy, they repeatedly say "thank you" and not just in a polite way. But in an over-the-top way. Again, this is something that seems harmless the person you're talking with to convince you that you're no bother. [Read: The common habits of people who are pushovers and how to change them] Whenever we have dealt with someone being needy, they repeatedly say "thank you" and not just in a polite way. But in a polite way, but in an over-the-top way. Again, this is something that seems harmless the person you're talking with talk on the surface. It can be damaging to their psyche as well as the other person. If you read these points and realize you do some, or versions of them, you are definitely showing needy in a relationship, be it a friendship or a romantic one, requires some tough love. It is something that is denied so often. People don't want to bring it up because it is awkward. But, facing the truth is what will help you gain your confidence and start holding your own. [Read: 18 serious warning signs of a clingy guy and why everyone tries to avoid him] Now that you can better identify your more needy behavior, catch yourself before you act on it. When you notice yourself getting and second texts - 6 rules that'll make you look cool] If you want to learn how to stop being needy talk to a trusted friend about your neediness. Make sure this isn't a friend who will just nod along with whatever you say, but will hold you accountable. This friend can let you know if you're being needy in case you don't notice. It is also someone you can talk to and confide in when you find yourself being needy with others. It can be hard when you crave someone to talk to, but let them come to you. Most friends will reach out to make plans or catch up if they don't hear from you. You can like their Instagram posts but let them put some effort in. This will help you get used to not always being the first to reach out and have a balance in your relationships. [Read: Sense of self - 26 steps to raise it and feel like a million bucks] Often, neediness is brought on by a desire not to be alone with your own thoughts. But, figure out why you're so needy and work on that if you do spend time alone. You might want attention from people that don't really like you or those you have no true connection with. get that neediness filled. If you can find people you truly connect with, the moments you share will be a lot deeper. You won't feel the desire for constant attention. [Read: How to get to know someone and make connections with true friends] Most needy people talk poorly about themselves around others and when alone. Instead, spin the way you think of yourself. When you make a mistake, instead of thinking, "I'm so dumb," think, "I did a dumb thing," or "I made a mistake." That small difference actually does a lot to improve your self outlook. [Read: How to master positive self talk and banish negativity] Keeping tabs on how often you're together isn't healthy relationship behavior. You can' tell them that just because they're out with their friends today, they need to be with you all day tomorrow. They shouldn't have to "pay" for doing the things they want. If this keeps up, they might be tempted to go behind your back whenever they want to do something just to avoid you making a fuss. This can either lead to more lies or them getting fed up when you're asking for more time. Remember, it's the quality of the time you spend together, not the quantity. [Read: How to make someone like you - 25 ways to draw anyone closer to you effortlessly] There are tons of things you can do to improve the skills you already have. Love working with your hands? There are tons of DIY projects out there! Have an ear for music? Maybe music lessons would work. Want to be in better shape? Try a new workout. Not only will this help you raise your self-esteem by improving your self-esteem by improving your self. more than 70% of the talk space? If you want to learn to stop being needy, start by paying attention to your texts. A good way to avoid bombarding your partner with messages is by aiming for equality. For instance, whenever you send out a text, it may be tempting to send a follow-up. Skip the follow-up and make your initial text a conversation starter. Ask about their day, mention something they'd be interested in or even ask them out for drinks. Now patiently wait for a response before sending another text. In the meantime, you may want to work on your hobby. [Read: Am I texting too much? 16 signs they think you're a clingy texter] Jealousy can lead to so many ugly scenarios that it needs its own library! But the thing about jealousy is that it can form its own vicious cycle. You can start off with feeling needy, but this would then lead you to be jealous of others who take up your partner's time. If you often feel jealous when your partner's time. If you often feel jealous when your partner isn't with you, bombarding them of infidelity won't help. Instead what you can do is to try and have a little faith. Calm down and be rational. If they're not known to have a wandering eye or if they're just at work, try your best to believe them when they say they're not doing anyone on the side. A little trust can go a long way! [Read: 21 signs of a clingy girlfriend and how to avoid turning into one] Your partner isn't perfect, and they can't always be there to help you with everything. It helps to realize that they also have a life to live: family to be with, friends to hang out with, and a job to excel at. When they're not available to be with you or to talk to you, it's not a sign that they also have other priorities. Even if they have always been the one person you can count on for anything, they may have realized that it's time to help you become more independent by letting you do things on your own. Don't take their inability to be there as an affront. [Read: 14 spirited steps to be more independent in a relationship and love better] 12. Give yourself an hourly texting limit When you have your phone on you all the time, it's tempting to just message your partner whenever you're thinking about them. Try to combat this by setting a limit: you can set up a limit: you can do some chores for an hour or two before texting them. You can watch some TV with your phone in the other room You can keep your phone in your drawer while at work so you'd only be able to text them when you've finished a certain amount of work. Remember, there's a thin line between remembering someone fondly, and constantly expecting that work are someone fondly. person to give you the same time and attention just because you have nothing better to do. That's the thin line you need to understand if you want to learn how to stop being needy. [Read: 19 ways to pull back in a relationship when you're giving too much] When they ask for alone time, make sure you respect it. Everyone needs some quiet time to get away from it all. But don't think that whenever they ask for space, they're pushing you away. It just means that they're keeping themselves from being smothered by all the things they have to deal with every day. When you grant them alone time, remember that it's not because you did something wrong. Rather, it's because everyone needs to recharge from time to time. Maybe this can also be the perfect time for you to get some alone time, as well. [Read: How to give space in a relationship without drifting apart] Sometimes, neediness can pop up when we need something, and we're looking for it in our relationship. For example, you're bored with your job, and you're looking for excitement. Instead of going out there and searching for better work opportunities or more interesting tasks, you call up your partner and invite them on an exciting date. But of course, since your partner and invite them on an exciting date. But of course, since your partner and invite them on an exciting date. neediness and clinginess exhaust anyone, but it also won't solve your problem of finding independence or succeeding in your own life. In all honestly, you may actually be dragging your partner down just because you're bored with your life! [Read: 15 types of bad girlfriends who make a guy's life hell] We can sometimes start to feel insecure when we feel our grasp on our relationship slipping away. So what we do is try to cling onto it by prompting communication, going out on dates frequently, and basically trying to resuscitate the whole thing. However, there may also be times when no matter how we try to keep our end of the bargain, it's our partner that's no longer interested. If you think this is happening in your relationship, we suggest you talk to them about it. If they admit that they're not as invested as they once were, you can both try to work on it. Or as many other couples do, just let it go. [Read: 22 signs you're losing interest in the relationship and slowly letting go] Sorry to break the news to you, but being needy is a reflection of yourself. So, it's time you took responsibility for your neediness and accept it for what it is. By accepting this, you can start the process of change to stop being needy, and there's nothing wrong with admitting that if anything is a healthy sign of mindfulness and awareness. [Read: Am I clingy? How to really know the truth about yourself] This is a given. If you want to move forward with your partner and not be so needy, work on your trust issues. Yes, you have trust issues. What started them? If you want to know how to not be needy in a relationship, you need to remember that you're the only person who can change you. So, if you want to change, you need to focus on yourself. Take some time and spend it with yourself. Think about your relationship and how you feel about it. It's time to self-reflect and start to learn about yourself. [Read: How to focus on yourself in a relationship and avoid losing yourself] 19. Be mindful of your body language Our bodies usually react first to situations, but we're not self-aware enough to notice it happen. Practice self-aware enough to notice it happen. Practice self-aware enough to notice it happen. deliberately] Your life doesn't only include your partner. If you want to become less needy in your relationship, then you need to fulfill yourself with other things besides your partner. At the end of the day, it really comes down to communication. How are you feeling? Does your partner is feeling about your neediness? Sit down with them and lay all the cards on the relationship and reducing the neediness? Sit down with them and lay all the cards on the relationship and have a stronger, better love] Your partner is going through a hard time alongside you, but you just don't realize it yet. Your partner has their own set of insecurities and emotions they're going through as well. Instead of trying to control them, learn to empathize with them and see their point of view. Oh gosh, we think we're all guilty of doing this! But listen, creeping your partner's social media until you find something "suspicious" isn't going to help you out. The goal is not to feel the need to double-check every move they make online. Your goal is to trust your partner is making the right decisions. [Read: 15 things a guy shouldn't do on Instagram when you have a girlfriend] Remember that learning how to not be needy in a relationship is not going to be something you change about yourself overnight. It's going to take time and self-awareness. But it's completely worth it. When you're doing your usual routine, stop and ask yourself, why am I doing this? Then you'll start to connect your behavior to your feelings. [Read: How to learn to love someone without smothering them] While working on yourself, create a plan with your partner. Sit down and create a reasonable strategy of how you can work through this. This isn't a one-way street. If you want to stop being needy, identify the triggers and focus on a realistic way of handling them. Now, we don't want to point the finger at your partner. But there's a chance your partner. But there's a chance your partner is contributing to this. If they've cheated on you in the past or exhibited narcissistic behavior, this can make you feel insecure with yourself and your partner, leading you to become needy. [Read: How to recognize an emotionally distant partner and deal with it] A little therapy never hurts anyone. If your neediness is becoming a serious problem in your relationship, talk to a professional. They'll be able to invest the time with you to figure out why you behave like this and will give you tools on how to improve yourself. [Read: How to stop being possessive in a relationship and love better] Learning how to stop being needy takes time and practice. And once you take the steps in the right direction, you'll learn that you can still feel fulfilled on your own. Liked what you just read? Follow us on Instagram Facebook Twitter Pinterest and we promise, we'll be your lucky charm to a beautiful love life. And while you're at it, check out MIRL, a cool new social networking app that connects experts and seekers! Know someone that is in constant need of approval, attention, and praise? Then you might be dealing with a needy person. While all of us have needs, particularly socially, needy people struggle to control these needs and become overbearing for the people around them. According to couples therapist Julie Nowland, neediness is a range of behaviors that centers around the belief: "I am unable to see my worth, and I need you to make me feel better about myself and my world." In this article, we're going to go through 6 behaviors of needy people, and then we'll discuss how you can deal with them. 1) They need to be around people all of the time. You may be dealing with someone who is very needy if you find that they can't be alone for a long period of time. They feel the urge to be around people), they feel the urge to be around people all of the time. could also be a needy person. According to Marcia Reynolds Psy.D., in Psychology Today, one of the main reasons people tend to be needy is that social needs fuel our drive to "connect with others and succeed." After all, Reynolds suggests that "your needs emerge from your ego identity, which was formed based on what you discovered would help you survive and thrive." It's likely that needy people subconsciously believe that being around other people all the time is crucial to their survival. And to the extent, they're right, but perhaps they're just being a bit over-zealous about it. Obviously, his isn't a bad thing if they surround themselves with people who also want to be around a lot of other people all the time, but it can be a problem if they are hanging out with the wrong people who just want to be left alone. So try to cut them some slack. We all have more needs in that area than yourself. 2) They need others to approve of what they are doing. Needy people generally ask a lot of others, so if they are always running ideas by friends or family members before they do anything, it might be that they are, in fact, needy. It's not the end of the world though, this is just a confidence issue. According to Beverly D. Flaxington in Psychology Today needy people often struggle to make connections with others, so when they do meet someone they can connect with, they tend to hold on tightly: Támara Hill, MS, LPC in Psych Central says that needy individuals will "strive, at the cost of their own self-worth, to be accepted by others in some way." This can result in needy people acting in ways they typically wouldn't. What needy people don't tend to understand is that it's not really possible to be liked by everyone, and it's a goal that will likely leave them very unfulfilled. We don't need to please everyone all the time. 3) They ask the opinion of others before making decisions. A person's neediness might shine through when they are faced with having to make a decision. If they are looking to everyone all the time. 3) They ask the opinion of others before making decisions. be that they are trying to make sure that they aren't going to let anyone down. It might also be due to the fact that they don't trust themselves and need others to tell them how to act or direct their choices. Then, if they turn out to be wrong in your pursuits, they can blame other people for having influencing that decision. Not only do they get to play the victim in the story, but they get to claim ignorance about what happened as well. Again, at the heart of attachment theory is the assumption that every human being has a basic, primary drive to connect and to feel like they fear to make the wrong decision on behalf of the group, which may be because they were rejected as a child. Craig Malkin Ph.D. explains in Psychology Today: 4) They need others to say they are right. If they can't be wrong, it might be that they are a needy person. Even when they know they're dead wrong, do they still work to prove some element of their debate correct? This is because they will lose confidence in themselves if others know they are wrong. It's a pride thing. 5) They need to be front and center. Neediness plagues us all from time to time and there's nothing wrong with needing to lean your head on someone's shoulders to cry on, they might need to look at what you are doing to drive people out of their life. According to Beverly D. Flaxington in Psychology Today, some needy people become so overbearing that you are doing to drive people out of their life. can't possibly give them all the time attention they crave: If they need to be the center of attention all of the time, it's not a curse and it can be reversed so that they can not only turn to people during their times of need, but they can also be there for people who may need their help as well. If they are the ones always looking to be rescued, it's time for an attitude adjustment. Start by offering help to other people and then take it one day at a time and recognize when they are just letting themselves be the victim. of attention of everything, then you inevitably push people away. 6) They are very jealous If you've ever dated a needy person, you may have noticed that they were incredibly jealous whenever you spoke to someone who was the opposite sex. According to psychologist Nicole Martinez in Bustle: Part of this obviously has something to do with insecurity as well. Perhaps they fear that they're not good enough for their partner, or they don't fully trust their partner. The problem is that when someone is jealous they tend to act rather illogically, which can be a difficult burden to deal with if you're dating a needy person that is jealous Bustle explains why jealousy really doesn't allow for logic It's important to keep in mind that emotionally stable people can also engage in the above behaviors. The above signs should only signify a needy person if they are consistent over a significant amount of time. Also, sometimes it's important to recognize the person you're dealing with isn't needy in terms of their personality, but it may be the dynamic of your relationship. For example, if you're the boss, then it's likely that they will crave your approval so they can get a promotion. How to deal with a needy person or you've been trying to ward off a certain someone for years now, you need a strategy for making this kind of relationship work. You've probably noticed that the needy person in your life is mostly a "taker" and they don't have much room left in their lives for helping you out of binds, dealing with your issues, or even just a little bit, then you'll need to set some rules, give yourself plenty of space away from them, and remember to put your needs ahead of theirs. If you are dealing with a needy person, here's how you can handle them and make sure you take care of you first. 1) Be clear about what is acceptable. When you are dealing with a needy person, you need to be very clear about how much time and energy you can exert on them and their needs. Even if you've just met someone and you recognize that they are going to be a big-time suck for you, but you still want to be friends with them anyway, you need to make sure that you don't let them cross lines or put you in any compromising situations. According to Darlene Lancer, JD, LMFT, you need to fight against their power and assert your own area and needs when dealing with a narcissists, but I do believe that this useful advice for dealing with needy people as well. She says to use verbal put-downs that demand respect and push your mind to the forefront, such as: "I won't talk to you if you..." "Maybe. I'll consider it." "I don't agree with you." "What did you say to me?" "Stop or I will leave." Don't go beyond your beliefs or make you do things you wouldn't normally do so that they can feel better. It's important that you outline what this person can and can't do. There will come a time when you may have to sit with them and explain these boundaries, but for now, set them in your own mind and make sure you stick to them. 2) Give yourself space when you need to give yourself time and space to come back down from having to deal with them. What you'll find throughout all of this is that you'll be exhausted from having to deal with them. to deal with a needy person. They will take everything you have and it'll be important that you give yourself time to recoup and recharge your own batteries. The key, according to Beverly D. Flaxington in Psychology Today, is to have an honest conversation: It might seem selfish, especially if your needy friend isn't doing well on their own, but in order to show up for them, you need to take care of you. As your relationship continues, you'll have to be clear about when you can and can't help and don't overexert yourself for their sake. You can't fill someone else's cup from an empty jug. 3) Recognize that you can't change this person. One thing that you might find yourself doing is trying to help your needy friend or family member beyond the call of duty, which only makes matters worse. You are not responsibility of trying to make them less needy. And anyway, evidence is a little controversial concerning whether people can change personality traits. I believe that people certainly can become less needy and clingy. But that's about developing security and confidence within themselves. The reason I advise to not try and "change someone" is because it's extremely difficult to do, especially if you're not a trained therapist. As we mentioned before, you need to look out for yourself and be honest with them. You don't want to extend yourself further than you can. You can help them and offer them insight, but don't get caught up in the drama that is their lives. They might have just started showing signs of neediness, but whatever their history, you can't take them on as a project. It distracts you from your own life and needs. 4) Agree to disagree. If there's one thing that's true about dealing with a needy person, it's that they will want you to agree with them. As part of your boundary setting, you'll need to just agree to disagree with them. I believe that it's not your job to correct them or educate them on things. You'll find it hard to let things slide, but you don't have to set them straight. 5) Put yourself first. Dealing with a needy person is going to take a lot out of you. Even if you decide that you no longer want them in your life, the transition away from them is going to be difficult. The residual effect of needy people runs deep and it makes you feel like you are a bad person for wanting them out of your life. It's okay to do what is right for you and make sure you are taking care of your own needs. It's all too easy to get caught up in the lives of others and take on their drama without even realizing it. Putting yourself first means that you do what is right for you, even if it means you can't be friends with this person anymore. You may also like reading: Did you like my article? Like me on Facebook to see more articles like this in your feed. A desperate plea for constant reassurance, a suffocating embrace that pushes loved ones away—needy behavior is a silent relationship killer that often goes unnoticed until it's too late. We've all been there, haven't we? That moment when we realize we're clinging too tightly, our insecurities spilling over into every interaction. It's a delicate dance, this balance between connection and independence, and for some of us, the steps are harder to learn than others. Let's face it: nobody wants to be labeled as "needy." It's a term that carries a heavy stigma, conjuring images of clingy partners and overbearing friends. But the truth is, neediness is far more complex than these stereotypes suggest. It's more common than you might think. So, buckle up, dear reader. We're about to embark on a journey through the tangled web of needy behavior. We'll explore its causes, effects, and most importantly, how to break free from its grip. Whether you're struggling with neediness yourself or trying to understand a loved one's behavior, this article aims to shed light on this often misunderstood aspect of human relationships. Ever wonder why some people seem to have an insatiable need for attention and reassurance? It's not just about being "high maintenance" or lacking willpower. The roots of needy behavior often trace back to our earliest experiences in life. Picture this: a child whose parents were inconsistently available, sometimes showering them

with attention and other times leaving them feeling abandoned. This rollercoaster of care can lead to an anxious attachment style, where the child (and later, the adult) constantly seeks reassurance to feel secure. It's like trying to fill a leaky bucket - no matter how much love and attention they receive, it never feels guite enough. But it's not just childhood experiences that can trigger neediness. Low self-esteem and insecurity play a massive role too. When we don't feel worthy of love or respect, we might constantly seek validation from others to fill that void. It's like trying to build a house on quicksand - without a solid foundation of self-worth, our relationships are always on shaky ground. And let's not forget about the fear of abandonment and rejection. For some, this fear is so paralyzing that they'd rather suffocate their partner with attention than risk being left alone. It's a classic case of self-seeking behavior, where the need for security overrides all other considerations. Past traumas and negative relationship experiences can also leave deep scars that manifest as neediness. If you've been cheated on or abruptly abandoned in the past, it's natural to be wary of getting hurt again. But when this wariness transforms into constant suspicion and clinginess, it can become a self-fulfilling prophecy, pushing away the very people we're trying to keep close. Lastly, it's crucial to acknowledge that sometimes, needy behavior can be a symptom of underlying mental health conditions. Depression, anxiety, and personality disorders can all contribute to feelings of insecurity and a heightened need for reassurance. In these cases, addressing the root cause is essential for long-term change. Alright, time for a little self-reflection. Do you find yourself constantly seeking reassurance from your partner? "Do you still love me?" "Are you mad at me?" These questions might seem harmless, but when they become a daily mantra, they can quickly drain the life out of a relationship. Or perhaps you're the type who can't bear to be apart from your significant other. You text them incessantly when they're out with friends, feel a pang of anxiety when they don't respond immediately, and struggle to enjoy your own company. This excessive clinginess can feel suffocating to your partner and leave little room for personal growth and independence. Jealousy and possessiveness are other telltale signs of needy behavior. If you find yourself obsessively checking your partner's social media, questioning their every interaction with others, or trying to control who they spend time with, it might be time to take a step back and examine your motivations. Decision-making can also become a minefield for those struggling with neediness. "Where should we eat?" watch?" These simple questions can turn into agonizing ordeals as you desperately try to figure out what the other person wants, afraid of making the "wrong" choice and risking disapproval. And let's not forget about the tendency to overreact to perceived rejection or criticism. A casual comment from a friend or a slightly delayed response to a text can send you into a spiral of anxiety and self-doubt. It's like walking on eggshells, constantly on high alert for any sign that you're not loved or valued enough. Now, here's where things get really interesting (and a bit uncomfortable). Needy behavior doesn't just affect the person exhibiting it - it sends shockwaves through all their relationships, creating a ripple effect that can be hard to reverse. In romantic partnerships, neediness can be particularly destructive. What starts as a desire for closeness can quickly turn into a suffocating dynamic where one partner feels constantly drained and the other never feels secure. It's like trying to quench your thirst by drinking saltwater - the more you consume, the thirstier you become. But it's not just romantic relationships that suffer. Friendships can also bear the brunt of needy behavior. Constantly seeking validation and attention from friends can be exhausting, leading to a gradual distancing as people start to pull away. It's a cruel irony - the very behavior intended to keep people close ends up pushing them away. Even in professional settings, neediness can rear its ugly head. Constantly seeking approval from bosses or colleagues, being unable to work independently, or taking constructive criticism personally can seriously hamper career growth and workplace relationships. Perhaps the most insidious effect of needy behavior is its tendency to become a self-fulfilling prophecy. The more we cling, the more others pull away, which in turn fuels our insecurities and makes us cling even harder. It's a vicious cycle that can be hard to break without conscious effort and self-awareness. And let's not forget about the emotional toll this takes on both parties. The needy individual often feels constantly anxious and insecure, while their partners or friends may experience feelings of guilt, frustration, and emotional burnout. It's a lose-lose situation that can leave everyone feeling drained and unfulfilled. Alright, enough doom and gloom. Let's talk solutions, shall we? Breaking free from needy behavior isn't easy, but it's absolutely possible with the right mindset and tools. First things first: self-awareness is key. Start paying attention to your thoughts and behaviors. When do you feel most needy? What triggers these feelings? Keeping a journal can be incredibly helpful in identifying patterns and gaining insights into your emotional landscape. Next up: building self-esteem and self-confidence. This is where the real work begins, folks. Start by challenging negative self-talk and replacing it with more balanced, realistic thoughts. Set small, achievable goals and celebrate your accomplishments, no matter how minor they might seem. Remember, Rome wasn't built in a day, and neither is self-esteem. Learning to self-soothe is another crucial skill for overcoming neediness. Instead of immediately reaching out to others when you're feeling anxious or insecure, try developing your own coping strategies. This could be anything from deep breathing healthy boundaries is also essential. This means learning to say "no" when necessary, respecting others' need for space, and not compromising your own values or well-being to please others. It might feel uncomfortable at first, especially if you're used to people-pleasing behavior, but trust me, it gets easier with practice. Lastly, focus on cultivating independence and personal interests. Rediscover hobbies you've neglected, make new friends, set personal goals that don't revolve around your relationships. Not only will this make you more interesting and well-rounded, but it'll also reduce your reliance on others for fulfillment and happiness. Sometimes, despite our best efforts, we need a little extra help to overcome deep-seated patterns of behavior. And you know what? That's perfectly okay. Seeking professional help isn't a sign of weakness - it's a brave step towards better mental health and healthier relationships. Therapy can be incredibly beneficial for addressing needy behavior. A skilled therapist can help you unpack the root causes of your neediness, challenge unhelpful thought patterns, and develop healthier coping strategies. Cognitive-behavioral therapy (CBT) is particularly effective for addressing issues related to self-esteem and relationship patterns. For those dealing with more severe anxiety or attachment issues, therapies like dialectical behavior therapy (DBT) or eye movement desensitization and reprocessing (EMDR) might be recommended. These approaches can help you develop better emotional regulation skills and process past traumas that might be contributing to your needy behavior. provide a sense of community and shared understanding. Plus, you might pick up some useful coping strategies from others who are further along in their journey. Don't underestimate the power of self-help books and online resources either. if you're not quite ready for one-on-one sessions. Look for reputable authors and evidence-based approaches. In some cases, medication might be recommended, especially if your needy behavior is linked to underlying mental health conditions like anxiety or depression. Always consult with medication regimen. Remember, overcoming needy behavior is a journey, not a destination. There will be ups and downs, setbacks and breakthroughs. The key is to be patient with yourself and celebrate every step forward, no matter how small. As we wrap up this deep dive into needy behavior, let's take a moment to reflect on what we've learned. We've explored the root causes of neediness, from childhood experiences to fears of abandonment. We've identified the signs and manifestations of needy behavior, from constant reassurance-seeking to difficulty with personal space. loneliness. But more importantly, we've discussed strategies for breaking free from these patterns - building self-esteem, setting boundaries, and cultivating independence. Remember, change is possible, but it takes time and effort. Be patient with yourself as you work on developing healthier relationship patterns. Celebrate small victories and don't be too hard on yourself when you slip up. After all, we're all human, and growth is a lifelong process. As you move forward, keep in mind that the goal isn't to eliminate all need for connection and reassurance. Humans are inherently social creatures, and it's natural to seek support and validation from others. The key is finding a balance - being able to stand on your own two feet while also allowing yourself to lean on others when needed. So here's to building healthier, more balanced relationships - with others and with ourselves. It's not an easy journey, but it's one that's infinitely worthwhile. After all, true connection - the kind that nourishes our souls and helps us grow - can only happen when we come to it from a place of wholeness and self-love. And who knows? As you work on overcoming your own needy tendencies, you might find yourself better equipped to support others who are struggling with similar issues. After all, some of the most interdependent behavior comes from those who have done the hard work of overcoming their own insecurities. So take a deep breath, give yourself a pat on the back for taking this first step, and remember: you've already taken that step by seeking to understand and address your needy behavior. Here's to healthier, happier relationships - with yourself and with others. References: 1. Bartholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults: A test of a four-category model. Journal of Personality and Social Psychology, 61(2), 226-244. 2. Levine, A., & Heller, R. (2010). Attached: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love. Penguin. 3. Bowlby, J. (1988). A Secure Base: Parent-Child Attachment and Healthy Human Development. Basic Books. 4. Gilbert, P. (2009). The Compassionate Mind: A New Approach to Life's Challenges. Constable & Robinson Ltd. 5. Johnson, S. M. (2008). Hold Me Tight: Seven Conversations for a Lifetime of Love. Little, Brown Spark. 6. Linehan, M. M. (2014). DBT Skills Training Manual, Second Edition. 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