

The "Anxious" Personality

In this video, I'll explain how our personality can actually develop to be prone to anxiety. According to attachment theory, the way in which caregivers respond to our needs leads to the how our brain wires to be more or less anxious. If caregivers are responsive, the world makes sense and is an orderly and safe place. If caregivers are intermittent or neglectful towards us, our brain wires to view the world as a dangerous place, leading to greater anxiety.

References and further reading

- Bowlby, J. (1969). Attachment and loss. New York: Basic Books.
- Meyer, Björn & Pilkonis, Paul. (2002). Attachment style.

Glossary

Personality Disorder

Neuroticism

Attachment Theory

Emotional Mirroring

Meditation Videos



P17 - Shanmukhi Mudra



P19 – What is self?