



When Anxiety Takes the Wheel in Dating

1. What's Happening (*Not* What's Wrong)

When someone matters to me and the connection feels uncertain, my **attachment system** **activates**.

- This is not weakness or irrationality — it's my nervous system trying to protect connection.

Anxiety ≠ intuition!

- Anxiety is loud, urgent, and catastrophic.
- Intuition is calm, steady, and specific.

2. The Emergency Illusion

Anxiety leads to thoughts like:

- "This must be resolved right now, or something terrible will happen."

In reality:

- Most relationship concerns are **real but not urgent**
- Acting while dysregulated often creates the very outcome I fear

3. My Regulation Rules

If my emotional intensity is **above 6/10**:

- I **do not initiate** relationship-defining conversations
- I write it down
- I wait until I am calmer *and* connected

Waiting is not avoidance. Waiting is **self-respect and strategic care**.



4. Name It, Don't Act It

When anxiety spikes, use reminders like:

- "My attachment system is activated."
- "I'm interpreting uncertainty as danger."
- "I can pause without betraying myself."

5. Mixed Signals Are Data

Consistency is not something I argue for, it's something I **observe over time**.

- Words + behavior + pacing all matter.

6. My Goal

Not to be less emotional.

Not to suppress anxiety.

My goal is:

- To stay regulated enough to speak clearly, listen fully, and let relationships unfold at a humane pace.