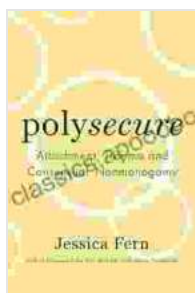


# Polysecure Attachment, Trauma, and Consensual Non-Monogamy: Empowering Individuals and Couples to Thrive in Relationships

## Discover the Key to Navigating Non-Monogamous Relationships with Confidence and Connection

In this groundbreaking and thought-provoking book, you will embark on a journey to explore the intricate relationship between attachment styles, trauma, and consensual non-monogamy (CNM). Through the lens of attachment theory and trauma-informed care, this comprehensive guide will provide you with the tools and insights you need to navigate the complexities of non-monogamous relationships with greater awareness, security, and well-being.



### Polysecure: Attachment, Trauma and Consensual Nonmonogamy by Jessica Fern

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1170 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 290 pages
Lending	: Enabled

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## **Attachment Styles and Their Impact on CNM**

Attachment theory, a foundational concept in developmental psychology, provides a framework for understanding how our early relationships shape our beliefs, behaviors, and expectations in adulthood. This book will delve into the different attachment styles—secure, anxious, avoidant, and disorganized—and discuss their impact on consensual non-monogamous relationships. You will learn how attachment styles can influence our ability to form secure and lasting bonds in non-traditional relationships and how to work toward establishing a "polysecure" attachment style.

## **The Role of Trauma in CNM**

Trauma can have a profound impact on our ability to form and maintain healthy relationships. This book will explore the role of trauma in consensual non-monogamy, examining how it can affect our attachment styles, communication patterns, and boundaries. You will learn about the different types of trauma and their potential consequences, and discover evidence-based strategies for healing and recovery.

## **Pathways to Polysecure Attachment**

Building a polysecure attachment is essential for thriving in non-monogamous relationships. This book will outline a comprehensive roadmap for achieving this goal. You will learn about the core principles of polysecurity, including self-awareness, emotional regulation, trust, and communication. Through practical exercises and real-life examples, you will develop the skills and mindset needed to cultivate a secure and fulfilling attachment style in your relationships.

## **Navigating the Challenges of CNM**

Consensual non-monogamy presents unique challenges, such as managing jealousy, navigating relationship agreements, and addressing the social stigma surrounding non-traditional relationships. This book will provide you with a comprehensive toolkit for overcoming these challenges effectively. You will learn about different communication techniques, strategies for managing jealousy, and frameworks for creating relationship agreements that honor the needs and values of all involved.

## **Building Healthy and Fulfilling Non-Monogamous Relationships**

This book is about more than just surviving consensual non-monogamy; it is about thriving in non-traditional relationships. You will discover how to cultivate a deep and meaningful connection with your partners, foster a sense of belonging and support, and create a lifestyle that aligns with your values and desires. Through personal stories and expert guidance, you will learn about the transformative power of polysecure attachment and how it can empower you to build thriving and fulfilling non-monogamous relationships.

## **About the Author**

[Author Bio]

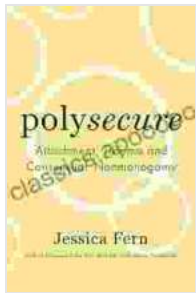
## **Testimonials**

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## **Free Download Your Copy Today!**

Unlock the transformative power of polysecure attachment and revolutionize your approach to consensual non-monogamy. Free Download

your copy of this groundbreaking book today and embark on a journey to build healthy, secure, and fulfilling relationships.



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