

Therapeutic interventions: Therapies such as attachment-focused psychotherapy and relational therapy can help individuals explore and process their attachment histories, identify maladaptive patterns, and develop more secure and satisfying relationships.

Mindfulness and self-reflection: Cultivating mindfulness and self-reflection can enhance awareness of relational patterns, emotional triggers, and attachment dynamics, empowering individuals to make conscious choices and engage in more authentic and fulfilling relationships.

Interpersonal skills development: Engaging in activities and practices that enhance interpersonal skills, such as active listening, empathy, and emotional regulation, can strengthen relational bonds and promote secure attachment in adulthood [10].

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