

## Analysis of Attachment Style

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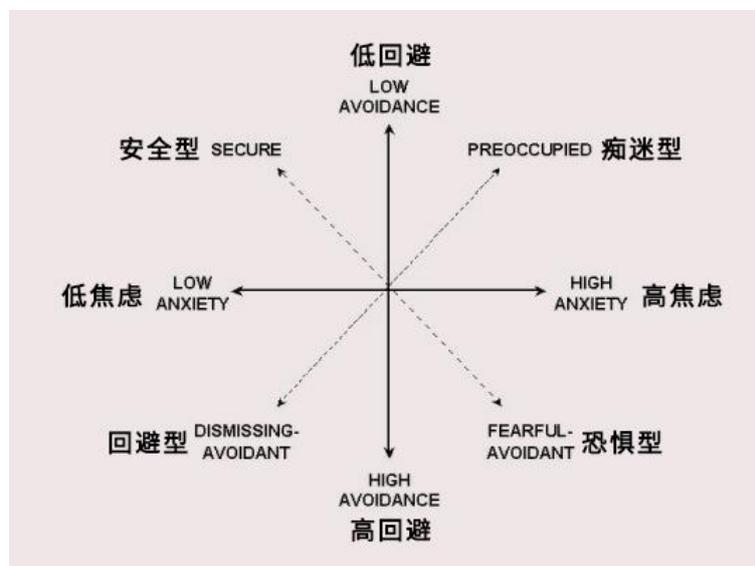
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### Abstract

Attachment types affect the whole process of love. Especially for obsessive people, love is very difficult. This paper demonstrates how preoccupied type affects relationships by using interviews.

### 1. PREOCCUPIED TYPE

Everyone has different attachment styles. Attachment styles determine relationships with others, especially in situations that trigger stress. Hazan & Shaver (1987a) use avoidance of intimacy and anxiety about abandonment as indicators to capture individual attachment style. These two indicators divide the attachment type into four types.



(Brennan et. al., 1998)

From the figure, there are four types: the secure type is low avoidance and low anxiety. The preoccupied type is low avoidance and high anxiety. Dismissing- avoidant type is characterized by high avoidance and low anxiety. Feaful- avoidant type is high avoidance and high anxiety.

Preoccupied types want to be very close to their lovers. On the other hand, they doubt whether the lovers are reliable. People with this attachment style often think too much when they fall in love. They often check and collect information and analyze lover's psychology. Because of the desire for intimacy and the excessive devotion to their lover, they give without hesitation. (Li, 2015a)

Finkel and Slotter (2009) find when preoccupied types enter a relationship, it is harder for them to break up than the others. Because of the low avoidance, they are particularly attached to their lover. Although they are not satisfied with the relationship or their partner does not love them enough, they tend to maintain a fairly high sense of commitment to the relationship. In other words, they feel less good (or bad) about their partners. In the survey, respondents said that they often complained about their lovers and knew that their lovers had many shortcomings which others could not stand for. However, they did not choose to break up. Interviewees thought they could not accept their lover's absence, so they chose not to break up (Hanason 2012).

There are many reasons for attachment. Kelly (2015) think reward neurons. Reward neurons send out signals as frequently as they did when they first fell in love. The brain's reward system is not aware that the owner has broken up and is constantly amplifying the signal. The reward system has become the culprit for foolish things like calling your predecessor or asking for sex after breaking up. In the survey, the interviewee said that she had called her lover several times after breakup. She also tried to save her partner by having sex (Kelly 2015).

Another reason may be lack of belonging. Based on Meng (2014), a lovelorn who lacks a sense of belonging may not be able to eat and work. They always think of their own weakness, and even threaten lover by suicide. Interviewees said she had tried to threaten her lover with suicide. However, this is not a good way, which prompts the lover to leave. For these lovelorn people, a sense of belonging is more important than life and dignity for them. This lack of security may come from shame.

Ref: Trait Self-Esteem Moderates the Effect of Initiator Status on Emotional and Cognitive Responses to Romantic Relationship.

## 2. ANXIETY ABOUT ABANDONMENT

In the model of four attachment types (Hazan & Shaver, 19987b), the dimension of dismissing-avoidant type appears high avoidance and low anxiety. The dimension of fearful-avoidant type manifests high avoidance and high anxiety.

In this words of Yang (2016), the person who belongs to dismissing-avoidant type, when such groups have a good feeling for someone when he or she has the same feeling for such groups, such groups will avoid it. According to Doumas et. al.(2008), High avoidance men often use violence to distance themselves from their lover. According to the survey (He, 2010), the rate of violence of high anxiety attachment is higher than others. High anxiety attaches lack of security in intimate relationship, so they will have strong possession and jealousy, hoping to gain stability by controlling the other side, and repeatedly seek the assurance of the other side. Excessive control and possession lead to contradictions, and control is a strong predictor of conflict and violence. They are very sensitive to negative information in love relationships and are prone to emotional excitement in the event of conflict (Li, 2015b).

According to Reiss et. al. (1986), anxiety often comes from fear of the future. On the other hand, the more anxious people are, the more fearful they are and the easier they are to avoid problems. In some cases, some responders would choose to avoid after a quarrel with his or her lover and face the cold war. However, in the model of everyday life information seeking (Savolainen, 1995), information seeking behavior affects daily life and personal factors, such as cognitive or emotional factors and how optimistic or pessimistic psychological factors affect information seeking behavior. The responder who committed these behaviors usually sneaks into his or her lover's social accounts during the cold war. They do not want to send messages or phone calls to their lover in such anxiety. During this time period, any stimulation, some small things including noise, can stimulate their vulnerable nerves. No matter what information they

get, they will feel they are negative information and feel anxious about it. Sometimes there is even a tendency to violence.

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