

Marriage, Children, & Personal Relationships - Greater Difficulties and Risk Can Make Them Harder Than Ever. Epicurean Perspectives on Remedies

Post by "Kalosyni" of July 31, 2026 at 7:14 AM

This may be a cause for marriage difficulties, and yet the article also suggests that over time people can work to improve their attachment styles:

Article from Yahoo Life: WashingtonPost:

- [Scientists say this is the reason some relationships flourish and others flop.](#)

Quote

- **Securely attached** people generally trust others and feel comfortable with both intimacy and independence.
- Those with an **anxious attachment** style often crave closeness but worry about rejection or abandonment.
- **Avoidant individuals** tend to prize self-reliance and keep an emotional distance, even from those they love.
- And people with a **disorganized attachment** style may swing between seeking connection and pushing it away, reflecting conflicting expectations about whether relationships are a source of comfort or danger.

And here is an older study (on Pubmed), and the only one study that I currently found online, about shifts in attachment styles:

- [Changes in adult attachment styles in American college students over time: a meta-analysis.](#)

If new research was done now perhaps there might even be greater shifts in attachment styles, since Covid-induced patterns of isolation. And I would guess that the more "avoidant" and "disorganized" attachment styles are less likely to marry. But this is just a guess.