

marri *Findings*

FAITH & FAMILY



“What cannot be communicated to the other cannot be communicated to the self.” – John Bowlby, psychiatrist and pioneer of attachment theory.

Attachment and Binge-Eating



A [2019 study](#) of 55 undergraduate women found that an insecure attachment style was associated with

Attachment and the Alcoholic



A [2014 Polish study](#) examining differences in patterns of attachment between alcoholic and non-alcoholic

increased binge eating as a form of emotion-loss-of-control. Specifically, the more that women were preoccupied with the possibility of abandonment the more likely they were to binge as a way of coping.

patients found that alcoholics were more likely than non-alcoholics to exhibit two different insecure attachment styles, styles marked by either anxiety or avoidance. These styles increase the risk of various levels of mental illness during a lifetime. Both these patterns are provoked by a physical and psychological proximity to the person to whom they seek to be attached. One reacts with an increased anxiety pattern while the other reacts with a pattern of withdrawal and a flight into their preferred (and safe) pattern of coping alone.

Attachment Style and Behaviors Related to Sex and Drugs.



A [20-year-old study](#) of 470 undergraduate students found that an insecure attachment style was linked to increased drug use and risky sexual practices. This study confirms a line of research that illustrates an increased likelihood of deviant behaviors among those who are insecurely attached.



For More Information about [Healthy Marriages](#), please visit

What is Your Attachment Style, Dad?



Is your attachment style a help or hindrance to your son's future capacity for intimacy with the woman he will marry? Our capacity to belong to others is shaped by our early experiences of security or fear in the big relationships of our childhood. [*Continue Reading...*](#)



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