



Gratitude and sexual satisfaction: Benefits of gratitude for couples and insecure attachment

Having an insecure attachment style can make it hard to balance closeness and independence, often leading to lower sexual satisfaction. It also increases the need for a responsive partner. **Gratitude**, an appreciative response to benefits, may signal partner responsiveness and improve sexual satisfaction for those with attachment anxiety.

Can gratitude help alleviate the negative impact of insecure attachment on sexual satisfaction in couples?

WHAT WE DID

340 sexually active, mostly white, exclusive adult couples across three 21-day daily experience studies completed online surveys reporting on theirs and their partners expressed appreciation and their own relationship and sexual satisfaction.



WHAT WE FOUND

Overall, we found that when sensing **more** appreciation than usual, people generally reported experiencing greater sexual satisfaction. However, sensing **less** appreciation from their partner led to less sexual satisfaction for those with attachment anxiety. Gratitude had no special influence on those with avoidant attachment.



IN SHORT

This study demonstrates how sensing gratitude from your partner can indicate your partner's responsiveness to your needs and is therefore important for maintaining sexual satisfaction if you have attachment anxiety.

