

# Meta-Analytic Evidence That Attachment Insecurity is Associated with Less Frequent Experiences of Discrete Positive Emotions

Park et al. (2022)

How do fears of abandonment and/or intimacy affect your positive emotions?

We analyzed data from a cumulation of 3,215 participants across 10 independent samples to see how insecure attachment (i.e., fear of abandonment and/or avoidance of intimacy) relate to social and non-social positive emotions (such as love and gratitude and peace and awe, respectively).

## Results Showed That...

Both cross-sectional surveys and daily diaries reveal high levels of insecure attachment to be associated with reporting less frequent experiences of positive emotions whether socially relevant or not.

## And that...

When analyzing the two types of insecurities separately, analysis reveals that fear of abandonment predicted less of all positive emotions except gratitude. On the other hand, avoidance of intimacy predicted less of all positive emotions, but particularly feelings of love.

## In Short

The findings of this study overall demonstrates that, across samples collected from multiple labs, both types of insecure attachment were found to be associated with positive emotions, whether they were socially relevant (e.g., love and gratitude) or not (e.g., peace).