Contextual Triggers in Relationships: Implications for Attachment Style Dynamics & Modes

Relationship Conflict

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Contexts that Trigger Attachment Dynamics, Schemas, & Modes

CONFLICT DISCUSSIONS

- Communication: The verbal and non-verbal behaviour relationship partners use to transmit information to one another

- Conflict: The verbal and non-verbal behaviours used by relationship partners when faced with relationship issues, problems or threats.



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Contexts that Trigger Attachment Dynamics, Schemas, & Modes

Attachment and Links with Conflict (Feeney & Karantzas, 2017)

- Secure individuals: Rely on conflict resolution strategies – compromising, perspective taking, problem/solution focused, accommodating of partner anger and criticism
- Anxious individuals: Escalate/intensify conflict (includes high emotional output)
- Avoidant individuals: Distance themselves, or avoid engaging in, conflict with relationship partner



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