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## Relationship confidence in newlywed military marriages: relationship confidence partially mediates the link between attachment and communication

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This study investigated the relationships between attachment style, relationship confidence, and constructive communication among a sample of 71 newlywed military couples. Using Karney & Crown's (2007) military adapted Vulnerability-Stress-Adaptation model as a guide, the current study predicted that romantic attachment style (an enduring vulnerability) would be associated with couples' communication (an adaptive process) directly, and indirectly through marital confidence (a marital resource). Actor and partner effects were examined using the Actor Partner Interdependence Model (APIM; Kenny, Kashy, & Cook, 2006). Results indicate that after controlling for financial worry and husband's rank, wives' avoidant attachment was directly associated with her constructive communication and husband's anxious attachment was directly associated with his constructive communication. Tests of mediating paths from anxious and avoidant attachment to relationship confidence through constructive communication were significant for wives. When accounting for anxious attachment partner effects were present between relationship confidence and constructive communication. The results suggest the importance of assessing for attachment style and relationship confidence when working with military couples in the early years of their marriage.

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People who have an avoidant attachment approach to relationships are either fearful of intimacy or dismissive of their partners' feelings. Those who are Dismissive-Avoidant tend to distance themselves emotionally from their partners. They brush feelings aside and devalue human connections. Finally, Avoidants are reluctant to discuss marriage because it entails commitment. They see it as a huge infringement on their space. Effects of an Avoidant Attachment Style. An avoidant attachment style of managing relationships has subtle but harmful effects. Fearful Avoidants will struggle to remain close to their partners. They will obsess over their partners not loving them and have mood swings. Attachment and Relationship Satisfaction Attachment theory focuses on how children's self-concept and self-other perspectives in close relationships develop through child-caregiver interactions. These interactions then inform later attachment behavior, defined as "...behavior that results in a person attaining or maintaining proximity to some other clearly identified individual" (Bowlby, 1988, p. 26; Collins & Read, 1990). This behavior persists in later intimate relationships, and several researchers have extended attachment theory into romantic relationships (e.g., Hazan & Shaver, 1987 Between work schedules, children, and other obligations, sometimes it can seem impossible to maintain that partnership. When problems arise, some couples find that it's healthier to divorce and go their separate ways. For others, it's a better choice to work on the relationship. If you want to stay with your partner and avoid divorce, there are proactive measures you can take. From improving communication to infusing more romance in day-to-day life, here are 13 ways to improve your partnership. Commit to Your Relationship. Toying with the idea that you might be better off outside o