

ABSTRACT

Meaningful and fulfilling relationships are one of the essential pillars of human satisfaction. However, maintaining close relationships takes considerable effort and cannot be done without mutual communication, of which conflict resolution is an integral part. Each individual has a distinctive communication style, which is linked to a form of attachment formed in early childhood. However, the area of anxious attachment and communication patterns is not sufficiently researched.

The intention of this research is to observe the communication patterns of partners with anxious attachment during a conflict situation. Only four communication patterns appear in the literature – cycling negativity, demand-withdraw, mutual avoidance, and constructive communication. Although the topic of partner communication is very broad, negative communication patterns in partners with an anxiety profile have been denied attention. My aim is to a) examine whether previously undescribed communication patterns occur during conflict resolution, and b) describe what these communication patterns are.