



# Lasting couple relationships: Recent research findings and implications for practice

19 June 2014 | Robyn Parker and Rosalie Pattenden

## Comments

“ I work with many couples who struggle with the presence of and effects of jealousy, obsession, paranoia. Either one or both partners have often experienced traumatic experiences in their upbringing and describe different attachment styles. One partner may describe 'avoidant' attachment - the world is dangerous, or preoccupied 'everyone else is OK, but not me'. Do you have any suggestions as to how to reduce the presence and effects of jealousy? and I wonder if it is helpful for clients to understand their different attachment styles?

*Natina Eggleton | 19 June 2014*

“ Jealousy is a pretty normal feeling if we feel that someone is a 'predator' and is trying to engage our partner in a relationship, or if our partner is showing 'too much' interest in someone outside the relationship. But sometimes because of some relationship trauma where we have not been safe in a relationship, with a family of origin member (eg. if our sibling was the favorite, and we didn't get the love needed) or a past relationship, the jealousy alarm can be too active, and then everything becomes a threat (even a saucy movie). In these instances I think I would look at the strength of the alliance between the two partners first, and then explore the trauma and try and understand the fears in order to get them in perspective for the present relationship. I don't think I would consider talking about attachment styles until then, but if there is an avoidant partner, and the anxious partner is jealous simply because they can't engage the avoidant one enough to feel secure, I would then talk about attachment styles. I hope this helps. Cheers Rosalie Pattenden

*Rosalie Pattenden | 23 June 2014*