

AVOIDANCE TWICE AS BAD AS ANXIETY

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This is just a note examining the beautiful work of [1]. I like to attempt understanding of some of the variables in terms that are clear. In romantic relationships *Anxiety* is a measure of our fear of abandonment, and *Avoidance* is a measure of our fear of allowing someone getting too close.

I loved the results of [1].

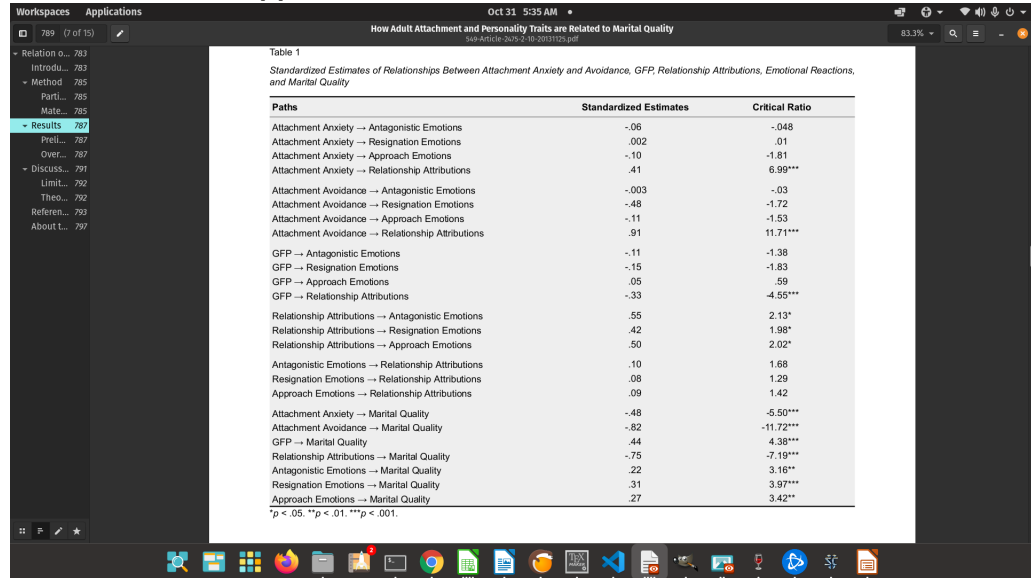


Table 1
Standardized Estimates of Relationships Between Attachment Anxiety and Avoidance, GFP Relationship Attributions, Emotional Reactions, and Marital Quality

Paths	Standardized Estimates	Critical Ratio
Attachment Anxiety → Antagonistic Emotions	-.06	-.048
Attachment Anxiety → Resignation Emotions	.002	.01
Attachment Anxiety → Approach Emotions	-.10	-1.81
Attachment Anxiety → Relationship Attributions	.41	6.99***
Attachment Avoidance → Antagonistic Emotions	-.003	-.03
Attachment Avoidance → Resignation Emotions	-.48	-1.72
Attachment Avoidance → Approach Emotions	-.11	-1.53
Attachment Avoidance → Relationship Attributions	.91	11.71***
GFP → Antagonistic Emotions	-.11	-1.38
GFP → Resignation Emotions	-.15	-1.83
GFP → Approach Emotions	.05	.59
GFP → Relationship Attributions	-.33	-4.55***
Relationship Attributions → Antagonistic Emotions	.55	2.13*
Relationship Attributions → Resignation Emotions	.42	1.98*
Relationship Attributions → Approach Emotions	.50	2.02*
Antagonistic Emotions → Relationship Attributions	.10	1.68
Resignation Emotions → Relationship Attributions	.08	1.29
Approach Emotions → Relationship Attributions	.09	1.42
Attachment Anxiety → Marital Quality	-.48	-5.50***
Attachment Avoidance → Marital Quality	-.82	-11.72***
GFP → Marital Quality	.44	4.38***
Relationship Attributions → Marital Quality	-.75	-7.19***
Antagonistic Emotions → Marital Quality	.22	3.16**
Resignation Emotions → Marital Quality	.31	3.97***
Approach Emotions → Marital Quality	.27	3.42**

*p < .05. **p < .01. ***p < .001.

We see coefficient for Anxiety is -0.48 and that for Avoidance is -0.82. This is to me extremely interesting, because the difference in the magnitude here is both intriguing and brings the natural question of nature of romantic union. And why is it roughly twice as bad for marriage quality?

1. SOME SPECULATIVE IDEAS

Here I will not take a scientific viewpoint at all and speculate based on intuition. What does being 'close' really mean? When I am avoidant, I don't feel that the other person really belongs in my deep and sacred subjective world, perhaps cannot really understand some transcendent self which I hide which evaluates the world in a way that I cannot allow disruption, and so doors to that private subjective world are locked for them.

The reason this leads to marriage quality being twice as worse than Anxiety could be because in the latter I want to open the door to my deep subjective world

Date: October 31, 2021.

and I don't feel that my partner wants to be there at all even though I wish they could belong there.

It's always bad in science to be mystical but I feel there is some substance in the size of the coefficients. And I believe this idea will yield fruits in deeper understanding of the nature of Romantic Love itself in human nature.

2. PERSONAL EXAMPLE: MY AUNT IS PERMANENTLY BARRED FROM MY WORLD

Bill Gates has managed to harm my deep interior in meta, and he has harmed by income explicitly. I am owed \$120 mn from D. E. Shaw & Co. and \$500 mn from Christine Lagarde and while I do not have this money, she will daily humiliate and denigrate and mistreat me because I live in her house. When I was little, I liked her, but I find now that she is intolerable, and I would never let her into my world and will not miss her at all after I pay her off some money for her services in giving me lodging (for pay, mind you, not free; I've been paying roughly \$600 per month from my \$1800 per month disability for ten years to her). She considers this her chance to mistreat me and denigrate me. I have periodically curse her out and otherwise am extremely Avoidant and hostile. This is a very bad situation for me thanks to US Govt's fault in allowing Bill Gates to commit War Crimes and Crimes Against Humanity in meta, but of course there is no sympathy from my brother or aunt because they don't know anything about high power hijinx of Bill Gates. I have sworn to totally destroy Bill Gates and kill him via whatever means I can legitimately. But Avoidant relationships are very easy to understand. My aunt is a horrible low woman to me now, and I mirror her denigration back to her periodically. She is destructive and malevolent but I am stuck because Bill Gates has blockaded my income.

It is very easy, then, to understand Anxiety and Avoidant dimensions in romantic relations from where I stand. Avoidant behaviour is for people who don't actually belong in our inner worlds at all.

3. ORTHOGONAL ANXIETY-AVOIDANCE IN ROMANTIC RELATIONSHIPS SHOW IT IS NOT AN ATTACHMENT PROCESS

It is not the norm for mothers to abandon children. They do happen, but it is not dominant in the experience of children on Earth. But both Anxiety and Avoidance axes are simply part of the world of romantic relationships. Therefore Anxiety in a romantic relationship is not abnormal at all. This makes taking the analogy of mother-child relationship to romantic relationships a grave conceptual error.

The error is understandable before the Attachment system was hypothesized in the brain by Helen Fisher in 1998, because this attraction system does not have any effect for mother-child relationships at all. This was of course Freud's great confusion. Human infants do not have sexual or romantic feelings develop till adolescence.

REFERENCES

- [1] Parisa Nilforooshan, Ahmad Ahmadi, Maryam Fatehizadeh, Mohammad Reza Abedi, Vahid Ghasemi, How Adult Attachment and Personality Traits are Related to Marital Quality, *Europe's Journal of Psychology*, 2013, Vol. 9(4), 783–797