

Exploring Relationship Attachment Styles with Dr. Duana Welch

June 8, 2022 | by Patricia M. Barbarito

Intimacy is defined as the process by which you *gradually* reveal everything about yourself. And, as featured guest [Duana Welch](#) tells host [Pat Barbarito](#), how you feel about that statement—joy, hope, fear, dread—is a clear indicator of your approach to relationship building or its sabotage. Learn more about the four attachment styles outlined by scientific research and discover how understanding both your own and your current/potential partner's style could improve the quality and longevity of your romantic future.



Highlights include

- How to identify your attachment style;
- How to change your current attachment style;
- The truth behind 'love bombs';
- Four Cs to identifying and choosing a romantic partner with a secure attachment style;
- The risks of secure/non-secure attachment style partnerships.;
- How to achieve happiness even with an anxious or avoidant attachment style;
- The benefits of 'earned security';
- Which attachment style has the best sex;
- How your attachment style affects your sex life;
- The value of emotion-focused therapy, and more.

BONUS: [Take the Levine & Heller Adult Attachment Quiz](#) to discover your own attachment style!

READING MATERIAL: [Love Factually, 10 Steps From I Wish to I Do](#)

Dr. Welch is a relationship coach and is known for using social science to solve real-life relationship issues. She has served as a professor at universities in Florida, California, and Texas across 20 years, and has contributed to NPR, PBS, Psychology Today, and numerous other outlets, podcasts and videos. To learn more about Dr. Welch, please [click here](#).



Co-managing partner and divorce lawyer [Pat Barbarito](#)

thought she knew all about complex relationships and the laws that govern them – until her own marriage of 17 years ended and she determined to get to the heart of love, marriage, and human connection. Her journey spanned the entire scope of relationships – from the science of attraction to the financial impact of separation, to old myths that society still touts as true to new laws that outline how to navigate both uniting and uncoupling.

Heartbreak & Hope with Pat Barbarito offers insights, anecdotes, and guidance from a variety of experts and includes her own perspective on how best to thrive through any stage of relationship building.

