

Book Excerpt

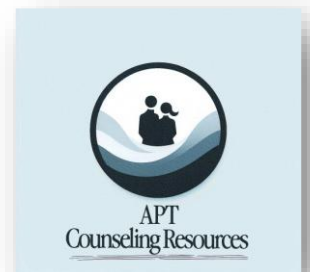
Topic: Does Infatuation Impact How We See Our Own Attachment Styles?

Author: Thais Gibson

Title: Attachment Theory: A Guide to Strengthening the Relationships in Your Life

Referenced Page(s): 43

Keep in mind that this tool¹ should be used in romantic relationships after the honeymoon phase is over, a phase that occurs during the first two years of the relationship. During the honeymoon phase, your brain has higher levels of dopamine in the caudate nucleus and ventral tegmental regions, according to Scientific American. These areas of the brain are responsible for, respectively, learning and memory and emotional processing. Consequently, your attachment style may be unclear to you in the early phases of your romantic relationship since your emotions, memory, and hormone regulation are atypical.



¹ Referring to Gibson's algorithm for gauging the proportion of activating and deactivating strategies