

ABSTRACT

This study is to investigate the relationship between attachment styles and aggression considering the different possible triggers and the expression of aggression. A sample of 182 individuals who were in romantic relationships were recruited and instructed to complete the ECR-R. They then reported their emotional distress and intention for active and passive aggression after reading vignette and imagining their partners reject or demand closeness from them. It was found that while attachment anxiety is positively associated with both active and passive aggression intention when participants were led to perceive that partner rejected closeness related demands from them; while attachment avoidance was positively associated to intention of passive aggression when they were led to perceive that the partner attempted to establish closeness with them. This study provided a better understanding on the causes and expressions of aggression in individuals with different attachment insecurities.