

Attachment styles



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Attachment styles Robert Sternberg's triangular theory defines three dimensions as the key factors leading to love. These three dimensions are passion, intimacy and commitment. Passion, according to this theory, may be defined as the motivational element which represents attraction, romance and sexual desire. Intimacy is the representative of the feeling of closeness, trust and sharing as the power which leads to love. Commitment, the last dimension of the triangular theory of love, is the decision of people to sustain the long-term relationship without harming the core values of other two dimensions.

In order to understand this theory better, let us consider an example of infatuated love. We meet and like a number of people in our daily life. We do not feel the same about all of them. At times, we meet people who we like a lot and we really wish to be with them. This type of love is often called 'love at first sight' or 'infatuated love'. People do not actually know each other, neither do they have intimacy. Such kind of love starts with the feeling of pure passion. The romantic relationships of this kind, are based on the sexual desires and physical attraction. Hence, in such relationships, passion dimension of the triangular theory is at its peak. Passion is the element which plays a major role in infatuated love relationships. People involved in this kind of love relationship do not normally trust each other to the extent as romantic lovers do. The commitment level is also low as their feelings are limited to the sexual desire and apparent attraction. However, when the intimacy develops between them and they start knowing each other the infatuated love grows into romantic love relationship where intimacy and passion both are high. If the level of intimacy does not grow, the relationship and love vanishes with time and no feelings are left between the partners.

Hence, for an infatuated love to develop and the relationship to be strong, the level of intimacy and commitment must flourish.

In conclusion, we can say that the triangular theory of love provides good information about how love grows and the level of the three dimensions of love in each relationship. This theory provides a better insight into the relationships and the needs to grow one or the other aspect in order to keep the love relationship strong and growing.