We analyzed data from a cumulation of 3,215 participants across 10 independent samples to see how insecure attachment (i.e., fear of abandonment and/or avoidance of intimacy) relate to social and non-social positive emotions (such as love and gratitude and peace and awe, respectively).

Both cross-sectional surveys and daily diaries reveal high levels of insecure attachment to be associated with reporting less frequent experiences of positive emotions whether socially relevant or not.

When analyzing the two types of insecurities separately, analysis reveals that fear of abandonment predicted less of all positive emotions except gratitude. On the other hand, avoidance of intimacy predicted less of all positive emotions, but particularly feelings of love.

The findings of this study overall demonstrates that, across samples collected from multiple labs, both types of insecure attachment were found to be associated with positive emotions, whether they were socially relevant (e.g., love and gratitude) or not (e.g., peace).