

Analyzing Attachment Styles within Gilmore Girls

Asal Salimi¹

Abstract

This research paper examines attachment styles within the context of the TV show "Gilmore Girls" (Palladino, 2000-2007). Drawing on attachment theory, the study focuses on two characters, Dean Forester and Lorelai Gilmore, to examine attachment styles through the lens of attachment theory. Utilizing a qualitative approach, character interactions and behaviors are analyzed to identify patterns indicative of high anxious and high avoidant attachment styles. Dean's behaviour exemplifies anxious attachment, characterized by an intense fear of rejection and abandonment, leading to clinginess and reassurance-seeking (Bowlby, 1969). In contrast, Lorelai's interactions with her partners showcase avoidant attachment, marked by a reluctance to commit, emotional distance, and a tendency to deactivate the attachment system (Bowlby, 1969).

This paper serves as a secondary analysis, drawing on existing literature and theoretical frameworks to explore attachment styles within fictional narratives. Through this analysis, it highlights the relevance of attachment theory in understanding relationship dynamics portrayed in popular media and offers insights into fostering healthier attachments in real-life relationships. The paper argues that even though anxious people might seem overly emotional, they care a lot about relationships, while avoidant people are more detached, making it hard to form healthy connections. The paper concludes by discussing the potential for individuals with insecure attachment styles to transition towards more secure attachments and suggesting strategies for fostering healthier relationships. Ultimately, the study emphasizes the importance of understanding attachment styles for enhancing relationship dynamics.

¹ Class of 2024, Honours Social Psychology Program, Faculty of Social Sciences, McMaster University, Hamilton, Ontario, Canada