

Online Supplemental Materials

Table S1

Descriptives for Romantic Attachment Orientations in Study 1

| Measurement waves | Anxiety | | | Avoidance | | |
|--------------------------|----------|-----------|----------|-----------|-----------|----------|
| | <i>M</i> | <i>SD</i> | α | <i>M</i> | <i>SD</i> | α |
| Pre-diary | 3.358 | 0.987 | .876 | 2.207 | 0.787 | .886 |
| Immediate post-diary | 3.368 | 1.072 | .887 | 2.259 | 0.938 | .924 |
| Three months post-diary | 3.417 | 1.032 | .880 | 2.271 | 0.988 | .931 |
| Six months post-diary | 3.455 | 1.059 | .891 | 2.299 | 1.040 | .935 |
| Nine months post-diary | 3.347 | 1.161 | .911 | 2.265 | 1.053 | .938 |
| Twelve months post-diary | 3.427 | 1.072 | .895 | 2.442 | 1.133 | .941 |

Table S2

Descriptives for Romantic Attachment Orientations in Study 2

| Measurement waves | Anxiety | | | Avoidance | | |
|-------------------------|----------|-----------|----------|-----------|-----------|----------|
| | <i>M</i> | <i>SD</i> | α | <i>M</i> | <i>SD</i> | α |
| Pre-diary | 2.708 | 1.089 | .670 | 1.965 | .881 | .708 |
| Immediate post-diary | 2.449 | 1.106 | .683 | 1.941 | .936 | .738 |
| One month post-diary | 2.505 | 1.058 | .700 | 2.021 | .948 | .744 |
| Two months post-diary | 2.504 | 1.080 | .727 | 2.074 | 1.027 | .792 |
| Three months post-diary | 2.556 | 1.138 | .783 | 2.068 | .995 | .801 |
| Four months post-diary | 2.606 | 1.157 | .759 | 2.033 | .969 | .819 |
| Five months post-diary | 2.608 | 1.147 | .765 | 2.012 | .956 | .831 |
| Six months post-diary | 2.643 | 1.145 | .776 | 2.062 | 1.002 | .836 |
| Seven months post-diary | 2.720 | 1.185 | .798 | 2.103 | .995 | .847 |
| Eight months post-diary | 2.653 | 1.169 | .780 | 2.065 | 1.015 | .812 |

Table S3*Correlations among Attachment Orientations, Positive Events, and Positive Affect in Study 1*

| <i>Variables</i> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---------------------------------|----------|---------|----------|---------|----------|--------|----------|
| 1. Pre-diary avoidance (R) | - | .467*** | .721*** | .349*** | -.332*** | -.048 | -.229** |
| 2. Pre-diary anxiety (R) | .395*** | - | .376*** | .771*** | -.185* | .075 | -.203* |
| 3. Post-diary avoidance (R) | .746*** | .231** | - | .495*** | -.320*** | .025 | -.364*** |
| 4. Post-diary anxiety (R) | .336*** | .812*** | .311*** | - | -.169* | .055 | -.286*** |
| 5. Positive relationship events | -.242** | -.117 | -.362*** | -.171* | - | .242** | .413*** |
| 6. External positive events | .087 | -.185* | .065 | -.145 | -.016 | - | .100 |
| 7. Positive affect | -.440*** | -.111 | -.397*** | -.174* | .343*** | -.091 | - |

Note. R = Romantic. Estimates below the diagonal reflect associations for males, and those above the diagonal reflect associations for females.

*** $p < .001$, ** $p < .01$, * $p < .05$

Table S4*Correlations among Attachment Orientations, Positive Events, and Positive Affect in Study 2*

| <i>Variables</i> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---------------------------------|---------|---------|----------|---------|----------|---------|----------|---------|----------|
| 1. Pre-diary avoidance (R) | - | .429*** | .395*** | .148 | .658*** | .343*** | -.260*** | -.071 | -.334*** |
| 2. Pre-diary anxiety (R) | .377*** | - | -.003 | .587*** | .357*** | .617*** | -.180* | .067 | -.207** |
| 3. Pre-diary avoidance (G) | .394*** | .272*** | - | .096 | .262*** | .151* | -.087 | -.025** | -.190* |
| 4. Pre-diary anxiety (G) | .250** | .549*** | .258*** | - | .171* | .440*** | -.092 | .063 | -.217** |
| 5. Post-diary avoidance (R) | .613*** | .288*** | .344*** | .303*** | - | .491*** | -.275*** | -.045 | -.419*** |
| 6. Post-diary anxiety (R) | .333*** | .571*** | .256*** | .433*** | .431*** | - | -.108 | .006 | -.193* |
| 7. Positive relationship events | -.179* | -.106 | -.158* | -.193* | -.213** | -.127 | - | .291*** | .416*** |
| 8. External positive events | .048 | -.008 | -.116 | .081 | .058 | .001 | .291** | - | .035 |
| 9. Positive affect | -.240** | -.201** | -.259*** | -.222** | -.348*** | -.107 | .316*** | -.100 | - |

Note. R = Romantic. G = Global. Estimates below the diagonal reflect associations for males, and those above the diagonal reflect associations for females.

*** $p < .001$, ** $p < .01$, * $p < .05$

Table S5*Multilevel Models Predicting Immediate Post-Diary Romantic Anxiety in Studies 1 and 2*

| <i>Fixed effects</i> | Study 1 | | | Study 2 | | |
|------------------------------|----------|----------|---------------|----------|----------|----------------|
| | <i>B</i> | <i>p</i> | 95% CI | <i>B</i> | <i>p</i> | 95% CI |
| Intercept | .732 | <.001 | (.416, 1.047) | .877 | <.001 | (.547, 1.207) |
| Gender | -.062 | .098 | (-.135, .011) | -.115 | .011 | (-.202, -.027) |
| Pre-diary romantic anxiety | .810 | <.001 | (.738, .882) | .584 | <.001 | (.497, .671) |
| Positive relationship events | -.117 | .095 | (-.254, .021) | -.046 | .618 | (-.228, .136) |
| External positive events | .013 | .851 | (-.128, .154) | -.016 | .874 | (-.220, .187) |

Note. Gender was coded as -1 (male) vs. 1 (female).

Table S6

Multilevel Models Testing the Interactions of Time with Positive Events in Predicting Immediate Post-Diary Romantic Avoidance in Studies 1 and 2

| <i>Fixed effects</i> | Study 1 | | | Study 2 | | |
|-------------------------------------|----------|----------|----------------|----------|----------|----------------|
| | <i>B</i> | <i>p</i> | 95% CI | <i>B</i> | <i>p</i> | 95% CI |
| Intercept | 2.206 | <.001 | (2.115, 2.297) | 1.918 | <.001 | (1.834, 2.001) |
| Gender | -.123 | .040 | (-.240, -.006) | -.189 | <.001 | (-.298, -.080) |
| Pre-diary romantic avoidance | .783 | <.001 | (.692, .875) | .575 | <.001 | (.499, .651) |
| Positive relationship events | -.302 | <.001 | (-.441, -.163) | -.149 | .020 | (-.274, -.023) |
| External positive events | .087 | .207 | (-.048, .222) | .152 | .031 | (.014, .290) |
| Time | .022 | .306 | (-.020, .063) | .014 | .026 | (.002, .027) |
| Time × pre-diary romantic avoidance | -.051 | .043 | (-.101, -.002) | -.004 | .539 | (-.016, .008) |
| Time × positive relationship events | .049 | .129 | (-.015, .113) | -.011 | .261 | (-.030, .008) |
| Time × external positive events | -.026 | .444 | (-.093, .041) | -.009 | .386 | (-.031, .012) |

Note. Gender was coded as -1 (male) vs. 1 (female). Time was centered around the immediate

post-diary assessment. Continuous predictors were grand-mean centered.

Table S7*Descriptives for Romantic Attachment Orientations in Study 3*

| Measurement waves | Anxiety | | | Avoidance | | |
|-------------------|----------|-----------|----------|-----------|-----------|----------|
| | <i>M</i> | <i>SD</i> | α | <i>M</i> | <i>SD</i> | α |
| Month 1 | 3.644 | 1.205 | .740 | 2.410 | 1.025 | .723 |
| Month 2 | 3.529 | 1.271 | .765 | 2.347 | 1.009 | .778 |
| Month 3 | 3.546 | 1.246 | .763 | 2.319 | 1.039 | .801 |

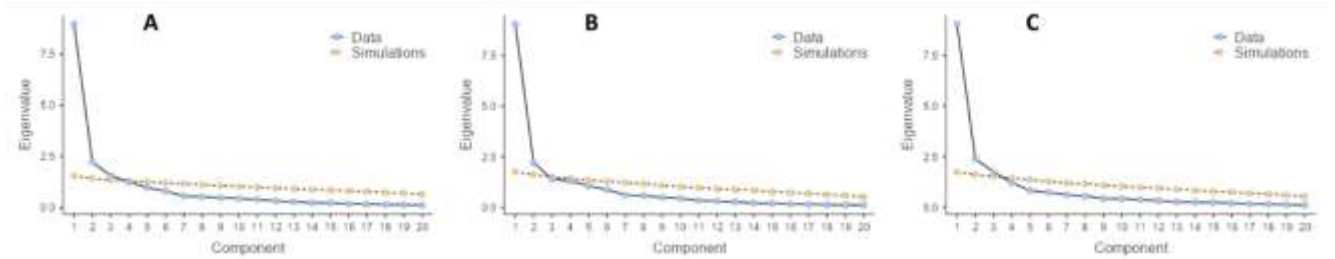
Exploratory Factor Analysis of Positive Behaviors in Study 3

We performed an exploratory factor analysis on the 20 positive behaviors. The number of factors were determined using principal components analysis and the final solution was achieved using principal axis factoring with oblimin rotation. The results of parallel analyses on the entire sample and separately across genders are shown in Figure S1. In the entire sample and the male-only sample, eigenvalues of three components in the actual data were greater than those in the simulated data, whereas in the female-only sample, eigenvalues of two components in the actual data were greater than those of the simulated data. That said, in all three analyses, the eigenvalue of the third component in the actual data was very close to that in the simulated data. Thus, we explored both two-factor and three-factor solutions.

The three-factor solution using the entire sample is provided in Table S8. The third factor (consisting of displays of affection) included only three items and had low reliability (Cronbach's alpha = .51). When we explored a two-factor solution, these items loaded on the conversational interest factor but reduced its reliability (Cronbach's alpha decreased from .838 to .765). Therefore, we did not use these three items in the analyses. Note that including these items in the conversational interest factor did not change the pattern of findings reported in the main text.

Figure S1

Parallel analyses on observed positive behaviors in Study 3



Note. The panels depict parallel analysis results for the entire sample (Panel A) as well as separately for females (Panel B) and males (Panel C). The analyses were performed and the figures were created using jamovi v1.6 (R Core Team, 2020; Revelle, 2019; The jamovi project, 2021)

Table S8*Factor Structure and Loadings of Positive Behaviors in Study 3*

| <i>Item</i> | <i>Loadings</i> | | |
|---|-----------------|-------------------------|-----------------------|
| | Validation | Conversational interest | Displays of affection |
| Expressed happiness or gratitude about shared positive experiences (e.g., “So glad we spent time together there,” “Glad that we went on that vacation.”) | .941 | | |
| Expressed that they valued things that the partner valued (e.g., “I also had great time,” “I’ll never forget that day, either,” “I thought the same thing that day,” “Of course I remember, I had the exact same thought, too.”) | .826 | | |
| Disclosed positive thoughts and emotions about the relationship (e.g., “We have a great relationship,” “Things are going so well.”) | .819 | | |
| Expressed happiness or gratitude about something that the partner has said or done (e.g., “So glad you were with me on that day”). | .818 | | |
| Disclosed positive thoughts and emotions about the event they were discussing (e.g., “We had so much fun that day,” “We laughed so hard,” “I felt closer to you after that day.”) | .811 | | |
| Expressed happiness or gratitude about having the partner in their life (e.g., “I’m so grateful that I have you,” “I’m so glad that we met,” “I’m so lucky to be with you.”) | .805 | | .326 |
| Expressed agreement with what the partner was saying (e.g., “I understand,” “I agree,” “Definitely,” “Exactly,” “I know.”) | .683 | .331 | |
| Expressed inclusion of the partner in the self (using “we” rather than “I” statements; e.g., “Our apartment,” “Our life.”) | .656 | | |
| Complimented or affirmed the partner's positive qualities (e.g., “You are the best,” “You know the best,” “You deserve the best.”) | .584 | | .515 |
| Confessed a private thought or emotion (e.g., “I was very excited on that day,” “That was the first time I realized I had feelings for you,” “I felt so happy when I came back home after our first date,” “I wanted to make that Valentine's Day very special.”) | .556 | | |
| Disclosed future plans with the partner and a positive outlook about the relationship (e.g., “We’ll share many more great moments,” “We’ll do it again,” “Let’s go there again for your next birthday.”) | .498 | | |

| | | |
|--|------|-------------|
| Smiled at the partner or laughed at their jokes (excluding expressions that convey contempt/sarcasm). | | .738 |
| Expressed interest in what the partner was saying (e.g., “Wow,” “Really?”) | | .700 |
| Made a joke or said something funny (excluding expressions that convey contempt/sarcasm). | | .685 |
| Engaged in nonverbal behaviors that expressed interest in what the partner was saying (e.g., nodding, nonverbal gestures conveying interest in the topic). | .472 | .577 |
| Encouraged the partner to elaborate further or asked for further details (e.g., “What happened after that?” “Could you elaborate more?” “Could you repeat that part?”) | | .565 |
| Elaborated further on the event that the partner was discussing (e.g., where they were, what the partner was wearing, what the partner did or said). | .379 | .401 |
| Touched the partner with love and affection. | | .481 |
| Gave the partner a compliment on their physical appearance (e.g., “You look cute,” “Nice outfit”). | | .474 |
| Expressed love and affection towards partner (e.g., my love, my dear, darling, honey, sweetheart, or a loving nickname). | | .471 |

Table S9*Correlations among Attachment Orientations, Positive Behaviors, and Positive Affect in Study 3*

| <i>Variables</i> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---------------------------------------|----------|---------|----------|---------|----------|---------|---------|----------|---------|----------|----------|---------|
| 1. Month 1 avoidance (R) | - | .392*** | .552*** | .233** | .580*** | .229** | -.076 | -.219** | -.127 | -.135 | -.285*** | -.219** |
| 2. Month 1 anxiety (R) | .099 | - | .223** | .631*** | .237** | .633*** | -.038 | -.224** | -.095 | -.186* | -.175* | -.110 |
| 3. Month1 avoidance (G) | .489*** | .065 | - | .223** | .325*** | .188* | -.045 | -.143 | -.113 | -.169* | -.286*** | -.231** |
| 4. Month1 anxiety (G) | .101 | .536*** | .083 | - | .144 | .505*** | -.019 | -.109 | -.041 | -.071 | -.083 | -.039 |
| 5. Month 2 avoidance (R) | .511*** | .001 | .369*** | .083 | - | .350*** | -.197* | -.150 | -.217** | -.138 | -.267*** | -.252** |
| 6. Month 2 anxiety (R) | -.013 | .561*** | -.082 | .320*** | .142 | - | -.053 | -.315*** | -.195* | -.361*** | -.160* | -.111 |
| 7. Own validation | -.322*** | .004 | -.317*** | -.018 | -.467*** | -.031 | - | .560*** | .657*** | .243** | .165* | .400*** |
| 8. Own conversational interest | -.211** | .072 | -.251** | .009 | -.306*** | -.025 | .512*** | - | .379*** | .628*** | .156* | .417*** |
| 9. Partner's validation | -.269*** | .080 | -.146 | .105 | -.369*** | -.051 | .657*** | .243*** | - | .512*** | .184* | .398*** |
| 10. Partner's conversational interest | -.210** | .130 | -.122 | .107 | -.226** | -.036 | .379*** | .628*** | .560*** | - | .122 | .357*** |
| 11. Baseline PA | -.243** | -.022 | -.255*** | -.142 | -.387*** | -.136 | .295*** | .218** | .106 | .157* | - | .322*** |
| 12. Post-discussion PA | -.323*** | .030 | -.276*** | .050 | -.389*** | -.065 | .332*** | .264*** | .293*** | .309*** | .471*** | - |

Note. R = Romantic. G = Global. Estimates below the diagonal reflect associations for males, and those above the diagonal reflect associations for females.

*** $p < .001$, ** $p < .01$, * $p < .05$

Table S10*Multilevel Model Predicting Month-2 Romantic Anxiety in Study 3*

| <i>Fixed effects</i> | <i>B</i> | <i>p</i> | 95% CI |
|---------------------------------|----------|----------|----------------|
| Intercept | 4.307 | <.001 | (2.519, 6.095) |
| Gender | .162 | .004 | (.054, .270) |
| Month 1 romantic anxiety | .608 | <.001 | (.516, .700) |
| Own validation | .569 | .140 | (-.188, 1.325) |
| Own conversational interest | -.653 | .152 | (-1.549, .243) |
| Partner validation | -.597 | .121 | (-1.354, .160) |
| Partner conversational interest | -.584 | .203 | (-1.484, .317) |

Note. Gender was coded as -1 (male) vs. 1 (female).

Table S11*Multilevel Model Testing the Interaction of Time with Validation in Predicting Romantic**Avoidance in Study 3*

| <i>Fixed effects</i> | <i>B</i> | <i>p</i> | 95% CI |
|----------------------------|----------|----------|-----------------|
| Intercept | 2.404 | <.001 | (2.277, 2.531) |
| Gender | .061 | .419 | (-.087, .208) |
| Month 1 romantic avoidance | .501 | <.001 | (.407, .596) |
| Own validation | -1.058 | <.001 | (-1.505, -.611) |
| Time | -.013 | .804 | (-.117, .091) |
| Time × romantic avoidance | -.002 | .963 | (-.099, .094) |
| Time × validation | .340 | .146 | (-.119, .798) |

Note. Gender was coded as -1 (male) vs. 1 (female). Time was centered around Month 2.

Continuous predictors were grand-mean centered.

References

- R Core Team (2020). *R: A Language and environment for statistical computing*. (Version 4.0) [Computer software]. Retrieved from <https://cran.r-project.org>. (R packages retrieved from MRAN snapshot 2020-08-24).
- Revelle, W. (2019). *psych: Procedures for Psychological, Psychometric, and Personality Research*. [R package]. Retrieved from <https://cran.r-project.org/package=psych>.
- The jamovi project (2021). *jamovi*. (Version 1.6) [Computer Software]. Retrieved from <https://www.jamovi.org>.