

What Causes Clinginess In A Relationship?

Anxiety may cause attachment issues. An anxious person may be overdependent on their partner and hence become clingy.



A rejection of intimacy in a past relationship may make the person too attached.



Fear of being left or cheated due to a bad experience can create trust issues, leading to an unhealthy attachment.



Insecurity may be one of the biggest reasons. The feeling that they are not good enough may prompt them to be clingy in hopes of preventing their partner from leaving.

An unstable relationship where their partner is unsure and not loyal may make them overprotective and cause trust issues leading to clinginess.

