

## The Model of Emotional Divorce based on Differentiation with the Mediating Role of Attachment Styles and Experience of We-ness

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**Purpose:** Most couples have communication problems in their married life, the existence of chaotic relationships has destructive effects on formation of emotional divorce among couples: purpose of this study was to present a model of emotional divorce based on differentiation with mediating role of attachment styles and experience of we-ness.

**Methodology:** the research method was descriptive-correlational and the statistical population included all parents of students referring to counseling and guidance centers of association of parents and educators of Tehran in 2020 that their number was 1836 people. the statistical sample size was considered based on Sample Power statistical software (350 people), and sampling method was multi-stage random. research tools included, Guttman (2008) Emotional Divorce Scale, Skorn and Friedlander (1989) Differentiation inventory, Collins and Reed (1990) Attachment Styles Scale, Vedes, Nussbeck, Bodenman (2013) Experience of We-ness Questionnaire, in this study, data analysis was performed using SPSS software and Smartpls Structural Equations.

**Findings:** the results showed, presenting the model of emotional divorce based on differentiation with mediating role of attachment styles and experience of we-ness, accordance with the theoretical model and has a good fit, also, the study of direct path showed that there is a significant negative relationship between the components of differentiation, attachment styles and experience of we-ness with emotional divorce and the results of the indirect path also showed that differentiation has a significant negative relationship with mediating role of attachment styles and experience of we-ness with emotional divorce and intensity of desired effect.

**Conclusion:** In order to create cohesion and create a satisfying marital relationship based on recognizing the emotions of each couple and modifying the attachment style and type of differentiation of couples, we can confront the psychological elements to improve the relationship between couples during medical considerations.

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## 1. Introduction

The family is the basic pillar of society and the main center of human growth and excellence, the formation of this sacred institution is the result of the marriage bond between a man and a woman. The satisfaction of each couple from married life means satisfaction from family and satisfaction from family means satisfaction from married life, when couples enjoy a suitable level of satisfaction in their marital relationship, they provide the ground for growth, excellence and material and spiritual progress of the family and society (Edlati, Redzuan, 2010). Satisfactory relationships between couples can be measured through mutual interest, the level of mutual care and understanding, and it can affect the health of the family (Azizi, 2015) and on the other hand, the growth and flourishing of talents, personality development, and family members (Masarik, Conger, 2017). On this basis, examining the issues and problems that lead to the collapse of family and marital relations (Navabi Nejad, 2018), has always been the focus of psychologists and counselors in the field of family (Nadafi, 2019). In relation to the lack of satisfactory marital relations, statistics show that the percentage of marital incompatibilities that lead to emotional divorce is increasing (Faleh, Bardan, Danaei Koosha, Amani, Moghaddam Far, 2019). Emotional divorce occurs due to the lack of positive interactions with the spouse, lack of meeting emotional needs, sexual dissatisfaction, lack of external attractiveness, betrayal, financial issues, etc. It becomes a wife and future (Luminita, Speranta, 2010). Based on this, the introduction of any stress-producing factor can leave destructive effects on couples' relationships (Marchal, Maurice, Trotsenburg, Grootenhuis, 2016). Among the factors that seem to be related to emotional divorce is differentiation. The concept of differentiation based on Bowen's theory (1978) is defined as the ability to experience intimacy with others and stay in an emotional atmosphere while being independent from other people. In the theory of the emotional system of the family, the key to the mental health of couples lies in having both a sense of belonging to the family and differentiation (Corey, 2017). The existence of mental and physical diseases, social problems and especially marital problems are related to the level of self-differentiation. In the marital emotional system, when the level of couples' differentiation is high, the possibility of proper adaptation to conflicts increases and emotional reactions decrease (Timmons, Arbel and Margolin, 2017).

In the examination of various studies, the results showed that differentiated couples are able to maintain their individual identity; know each other's needs, feelings and emotions (Atangana, 2015) and can effectively control the obstacles and problems that arise during their relationship (Lim and Lee, 2017; Shawyer, 2017), having distinguishing features in couples with quality of life and feeling Coherence is related to happiness (Krayan and Kakabraei, 2015; Hosseinian and Najaf Loey, 2011) and marital satisfaction (Yu, Wu, Wang and Wang, 2020; Momeni et al. They are less emotional, have less emotional escape and limited fusion with each other, are able to defend their opinions, and experience a higher level of marital satisfaction. The concept of married life develops with regard to the relative preservation of the independence of the husband and wife's personality and providing the possibility of further growth and excellence and satisfying the needs and mutual understanding of each couple. Moving away from this concept and not paying attention to the basic goals of marriage in accordance with the conditions and requirements of social life, causes The frequency of loose and unstable marriages and finally divorces (Berashak, 2020). One of the most important effective factors in interpersonal interactions is the couple's attachment styles, which has a significant effect on the formation of marital satisfaction (Mazaheri, 2018). Couples, because of the problems that happen to them in their married life and according to their attitude towards the cases, issues, problems and incidents that they face, their physical and mental health. and based on the type of perspective and direction they adopt in their life, it causes a decrease or increase in depression, anxiety and stress. They realize that this factor has an effect on the level of compatibility and satisfaction with life and marital relations (Power, 2019). Bowlby (1969) believes that in relation to couples' attachment styles, couples facilitate their secure, reactive and self-efficacy in their relationship with their spouses, the presence of insecure attachment styles And anxiety/avoidance causes an increase in the level of reactivity and inefficiency in the emotional interactions of couples. Reviews by Johnson and Wittenborn (2012), Camara & Calvete (2012), Kalil, Ryan and Chor (2014) have shown It was found

that the type of attachment styles of couples predicts the quality of couples' compatibility to some extent. Understanding the impact of attachment styles (Knudson, 2016), plays an important role in consolidating marital relations and, as a result, the stability of the family institution (McDaniel, Drouin, & Cravens, 2017). Among the factors that have been discussed in the field of improving couple relationships and creating unity and solidarity in family therapy relationships and topics from different theoretical perspectives, we can mention the structure of we experience. The formation of a couple relationship is such that each of the couples has their own idea of themselves over time and based on their perception of the relationship. It becomes the common imagination of "we" (Topcu-uzer, Randall, Vedes, Reid, Bodenmann, 2020). The creation of "we" requires the fusion of two "me" and the addition of another to the concept of "self", the emergence of this relational identity is very valuable for spouses and helps them in the challenges of life (Manzia, Parisea, Lafratea, Sdikidesb and Vignolesc, 2015). The word "we ness" in couple therapy literature was first used by (Buehlman & et al, 1992) to use Bandura's social learning theory (1997) and Satir's family calendar (1964) and it was used with the argument that couples' retelling of how they got to know each other can predict the success of the relationship (Topcu-uzer, Randall, Vedes, Reid, Bodenmann, 2020). Therefore, the concept of "we ness" can be extracted and investigated according to the spouses' conversations about themselves, their relationship, and what they do or intend to do (Reid & et al, 2006 & Ahmad & Reid, 2016). In the formation of a we ness experience, mutual understanding is not always created in a healthy and constructive way, but in some situations People use this mutual understanding in order to advance their goals in an unhealthy way, in such a way that in this case, they create "self" in the existence of "self with another", which in this case also we ness experience takes shape (Vedes, Bodenmann, Nussbeck, 2013). Skerrett, Singer (2014) believe that telling stories about the couple is also vital for giving identity to the relationship and "we". It is meant to create meaning and meaning for couples, because the "we" created in the couple's structure is a guide for current interactions and a means for the future growth and excellence of the relationship, and it facilitates credibility. Giving love and commitment in times of conflict is a form of transferring the couple's legacy (Gildersleeve & et al, 2017). In this regard and in line with the results of other studies, understanding the concept of self-esteem is one of the most fundamental elements of a couple's relationship, and adding the relationship to one's own structure and the emergence of a sense of self-esteem reduces the threat of attachment bonds and marital distress. Research indicates that spouses benefit from this mindset in the intrapersonal, interpersonal and social domains, and people with a "we" orientation experience more marital satisfaction, higher well-being and health, and establish more efficient interaction patterns (Godwin, Swank, Vaeth, & Ostwald, 2013; Rohrbaugh, Shoham, Skoyen, Jensen, Mehl, 2012; Reid & et al, 2006; Gottman, 2011; Skerrett & Fergus, 2015). Considering that all human beings sometimes face challenges and problems in life. During these difficulties, it is comforting to have the resources of skills that help people to solve their problems in the best possible. Considering the importance of the role of emotional divorce in the functioning of the family and the health of the society, and considering the fact that emotional divorce is facing significant changes in the country, the void of such basic scientific research seems serious. Based on this, according to the mentioned cases of this research, it is intended to finally answer this basic question, whether the model for explaining emotional divorce based on differentiation with the role of mediator attachment styles and we ness of experience in the parents of students referring to counseling and guidance centers of the Association of Parents and Education Trainers And the cultivation of the city of Tehran has a good fit?

## 2. Methodology

In terms of the fundamental research objective, and in terms of the method, the conducted research was part of descriptive-correlational research of sequential and guided exploratory type. The statistical population of the research includes all the parents of students who referred to the counseling and guidance centers of the Association of Parents and Teachers of Education in Tehran in 2019, whose number was more than 1258 people. The multi-stage random sampling method (according to the researcher's previous experiences, Tehran city was divided into five regions (North, South, East, West and Center) and five counseling centers

were selected by simple random sampling in each region, and 15 parents were selected from each counseling center non-randomly, voluntarily and available was selected as a sample, in general, 75 parents from each region were selected as a sample. The sample size was selected based on Sample Power statistical software (350 people) and according to the probability of 20% dropout of the subjects, the number of the sample was 420 people. The criteria for entering the research include living together for at least seven years, marriage age range between 25 and 45 years and above, having enough literacy to answer the mentioned questionnaires, having marital conflicts and problems, such that during the research, special psychological treatment in the field- have not received the improvement of marital conflicts, and if they have received it, at least one month has passed since the previous treatments, no history of neurological and mental illness, and no history of hospitalization, the exclusion criteria were having obvious and acute physical and mental diseases, substance abuse. In order to obtain the research samples, first by referring to the guidance and counseling centers of the Association of Parents and Teachers of Education in Tehran, a discussion was held regarding the purpose and process of conducting the research and the obtained permits, and then after obtaining satisfaction from the management of the guidance and counseling centers, this possibility It was provided that regarding the implementation of the questionnaires, an initial interview was conducted with the parents of the students who referred to the counseling centers, and then the people who had the necessary conditions and criteria to enter the research and also the desire to participate in the research, with the satisfaction obtained In order to maintain the confidentiality of the information, people were asked to attend the counseling centers on the day, time and hour specified by the counseling and guidance centers in order to comply with the health protocols due to the conditions of the corona epidemic, and to answer the questions of the mentioned questionnaires carefully. Considering that the possibility of the drop of the subjects due to non-cooperation due to the conditions of the corona epidemic or the busy work of some people was predicted, in order that the intended sample size does not differ much from the actual sample size, the number of the sample size is more than It was considered as expected and finally 350 complete questionnaires were analyzed in spss software and smart pls 8.3 modeling software.

**Tools:** Emotional Divorce Scale: This 24-question scale was created by Gottman (2008) from the book *Success or Failure* and is answered in a yes or no way. Regarding scoring the answers that were yes A score of one and a no answer gets zero points. The minimum score in this scale is zero and the maximum score is 24. The higher the number of yes answers, the higher the probability of emotional divorce. The cut-off point in this scale is number 8, so that if an individual's score is higher than that, he is subject to emotional divorce. Gottman (2008) Validity of the scale by means of factor analysis using varimax rotation method and scree's test, and had report the validity of the instrument was stated as desirable, and the validity of this scale was 0.79. In Mousavi and Rezazadeh's research (2013), the validity of the scale was 0.93, this research, the validity of the scale of emotional divorce was 0.83.

**Differentiation Questionnaire:** The differentiation questionnaire was created by Skowron & Friedlander in 1998. This questionnaire includes 45 items and 4 sub scales (emotional reactivity 11 questions, my position 11 questions, emotional disconnection 12 questions and mixing with others 12 questions) based on a six point Likert scale of (not at all true for me, number 1 is completely true for me, number 6) (scoring) In this questionnaire, some questions are graded in reverse. The maximum score in this questionnaire is 276, and scores between 46 and 115 indicate a low level of differentiation, scores between 115 and 161 indicate a level of differentiation. An average score higher than 161 indicates high differentiation. Skowron & Friedlander (1998), the validity of the differentiation questionnaire is 0.88, and in particular, the reactivity scales. They reported emotionality 0.83, my position 0.80, emotional avoidance 0.80 and integration with others 0.74. Peleg-Popko (2004) reported the validity of this questionnaire as 0.84. Najaf Louei (2004), the validity of this questionnaire for each of the scales of emotional reactivity is 0.81, integration with others is 0.79, my place is 0.64, emotional avoidance is 0.76 and the total score of the scale It reported 0.72. In this research, the validity of the questionnaire is 0.82 based on Cronbach's alpha, and 0.83 for the small scales of emotional reactivity, and 0.82. Emotional breakdown was 0.83 and integration with others was 0.81.

Attachment style scale: This scale was prepared by Collins and Read in 1990 and has 18 items and three sub-components (secure, avoidant/insecure and ambivalent/anxious attachment) based on a Likert spectrum of (completely disagree=1 and totally agree = 5) scores. In this scale, some questions are scored in a reverse manner. Collins and Read (1990) reported that the reliability of this tool by Cronbach's alpha for secure, avoidant and anxious attachment components is equal to 0.81, 0.78 and 0.85 has been obtained. Also, they reported good form and content validity and very good construct validity of the tool. Hashemi et al. (2016) reported the level of reliability obtained for each dimension of secure attachment, avoidant attachment, and anxious attachment as equal to 0.68, 0.70, and 0.78, respectively. In this research, the reliability of the attachment style scale based on Cronbach's alpha was 0.82 and for each of the sub-components, secure/closeness was 0.79, ambivalent/dependent style was 0.84, and insecure/anxious was 0.83.

Wenness of Experience Questionnaire: The Wenness of Experience Questionnaire was created by Vedes & et al.'s (2013). This questionnaire has 17 items, which have 6 sub-scales (feeling of security, empathy, commitment, respect and mutual understanding, Intimacy and pleasure in the relationship, the meaning of common vision in life is scored based on a five-point Likert scale. In this questionnaire, some questions are scored inversely. The total score of each question is calculated. The cut-off point in this questionnaire is equal to 43, which indicates that the higher the score is, the higher the marital experience and complete marital union of the respondent with his wife, and (Vedes, Bodenmann, Nussbeck, 2013) based on confirmatory factor analysis, the validity of this questionnaire was proved regarding all the factors. On the other hand, the Cronbach's alpha obtained in relation to the reliability of the experience questionnaire was reported as  $\alpha = 0.89$  in spouses and  $\alpha = 0.82$  in the data set for women, this value was  $\alpha = 0.75$  and for men this value was reported as  $\alpha = 0.82$ . Also, the amount of credibility obtained for each of the scales respectively (feeling of security 0.79, empathy 0.78, commitment 0.81, mutual respect and understanding 0.83, intimacy and pleasure in the relationship 0.80, the meaning of shared vision in life 0.82) It was reported. In the research of Cheraghi & et al (2017) regarding the unity of spouses, the formal and substantive narrative was measured and confirmed using the opinions of experts and professors, and the fit of its six factors was confirmed using factor analysis. Also, the reliability of the tool was reported as 0.95 in the research they conducted. In the study of Rahmati & et al (2020), the reliability of the experience questionnaire was reported to be satisfactory. In this research, the reliability of the experience questionnaire was 0.83 and about each of the small scales in order (feeling of security 0.80, empathy 0.82, commitment 0.81, mutual respect and understanding 0.85, intimacy and pleasure in the relationship 0.84, the meaning of shared vision 0.83) was obtained.

### 3. Findings

Based on the demographic characteristics, the findings showed that: the studied people, based on the demographic characteristics, in terms of age range (46.28) between 36 and 40 years and in terms of the number of children (0.46) Has two children in terms of education (7/14) with a diploma, (17/14) with an associate's degree, (46/85) with a bachelor's degree (28/85) (30%) had a master's degree and were married between 11 and 15 years, and 47.71% were housewives.

Research question: Is the model for explaining emotional divorce based on differentiation with the mediating role of attachment styles and wenness of experience have a good fit?



**Table 1.** The results of the reliability test of the model of emotional divorce based on the differentiation components with the mediating role of attachment styles and weness of experience (n=350)

	CR > AVE	AVE	CR	Spearman correlation	Cronbach's alpha
Emotional reaction	0/825 > 0/757	0/757	0/825	0/829	0/836
My position	0/798 > 0/765	0/765	0/798	0/816	0/822
Emotional cutoff	0/821 > 0/749	0/749	0/821	0/821	0/831
fusion	0/786 > 0/743	0/743	0/786	0/807	0/811
Differentiation	0/807 > 0/753	0/753	0/807	0/818	0/825
safe style	0/812 > 0/716	0/716	0/812	0/827	0/792
Ambivalent style/...	0/854 > 0/739	0/739	0/854	0/869	0/845
unsafe style	0/829 > 0/724	0/724	0/829	0/854	0/836
attachment style	0/831 > 0/726	0/726	0/831	0/851	0/824
Weness of experience	0/827 > 0/759	0/759	0/827	0/814	0/830
Emotional Divorce	0/826 > 0/724	0/724	0/826	0/813	0/782

The reliability tests of the measurement model based on the results of Table 1 show: the reliability of the model is above 0.7 based on Cronbach's alpha coefficient in each of the variables. Therefore, the reliability is confirmed by Cronbach's alpha. Also, the results of combined reliability test (Delvin Goldstein) and Spearman's correlation coefficient index show that CR and rho\_a of each of the variables are above 0.7. On the other hand, the shared reliability test that includes the concept that each question is actually a shared index or share that the question measures from its variable. According to the scientific custom, the average of this index is higher than 0.5 for the studied variables. Therefore, based on the four reliability tests, the model is approved and it can be claimed that the research results can be generalized to other samples of the same society. In order to examine the structural validity of the reflexive model-convergent validity and divergent validity of the two mean-variance extraction tests and the comparison of the combined CR reliability test with the mean variance extraction which includes the same shared reliability. AVE was measured. The results have shown that all variables have CR greater than AVE, both convergent validity conditions are met and it can be claimed that the model has convergence and all AVE indexes are higher. is 0.5, the first condition of convergent validity is also established. Also, based on three cross-sectional tests, Forner-Larker (1981) and HTMT divergent validity in This study has been confirmed and with the confirmation of convergent validity, it can be claimed that the developed model has construct validity.

**Table 2.** The quality of the measurement model of CVCOM common validity index

Emotional reaction	My position	Emotional cutoff	fusion	Differentiation	safe style	Ambivalent style/...	unsafe style	attachment style	Weness of experience	Emotional Divorce
0/342	0/329	0/336	0/311	0/329	0/271	0/345	0/332	0/316	0/337	0/421

Considering that the alternative quality of fit in the covariance-based structural equations is the shared index of cross-validity, the obtained results have shown that the values of the measurement quality index pattern are higher than 0.15, which indicates that the measurement pattern is of high quality.

**Table 3.** The significance of assumptions and the intensity and direction of their influence based on the direct and indirect path

Direct and indirect path	Result	Standard coefficients	T. Value
Emotional reaction-> emotional divorce	Significant	0/764	13/345
My position-> emotional divorce	Significant	-0/732	11/573
Emotional cut off-> emotional divorce	Significant	-0/743	12/337
Fusion with others-> emotional divorce	Significant	0/689	12/567
Differentiation-> emotional divorce	Significant	-0/732	10/658
Emotional reaction-> Weness of experience	Significant	-0/745	12/776
My position-> Weness of experience	Significant	0/712	11/312
Emotional cut off -> Weness of experience	Significant	0/726	10/468
Fusion with others -> Weness of experience	Significant	-0/694	10/645
Differentiation -> Weness of experience	Significant	0/719	10/749
Emotional reaction-> safe style	Significant	-0/728	12/395
My position-> safe style	Significant	0/743	10/726
Emotional cut off -> safe style	Significant	0/736	12/452
Fusion with others -> safe style	Significant	-0/711	10/325
Differentiation -> safe style	Significant	0/729	11/387
Emotional reaction-> Ambivalent style/...	Significant	0/744	12/423
My position-> Ambivalent style/...	Significant	-0/716	10/574
Emotional cut off -> Ambivalent style/...	Significant	-0/739	12/217
Fusion with others -> Ambivalent style/...	Significant	0/725	12/567
Differentiation -> Ambivalent style/...	Significant	-0/731	10/658
Emotional reaction-> unsafe style	Significant	0/724	9/739
My position-> unsafe style	Significant	-0/678	13/439
Emotional cut off -> unsafe style	Significant	-0/693	12/480
Fusion with others -> unsafe style	Significant	-0/712	12/668
Differentiation -> unsafe style	Significant	-0/701	10/758
Emotional reaction-> attachment style	Significant	0/737	11/713
My position-> attachment style	Significant	0/713	10/958
Emotional cut off -> attachment style	Significant	0/721	11/718
Fusion with others -> attachment style	Significant	0/694	12/378
Differentiation -> attachment style	Significant	0/716	10/732
safe style -> emotional divorce	Significant	-0/697	11/128
Ambivalent style/...-> emotional divorce	Significant	0/729	10/215
unsafe style -> emotional divorce	Significant	0/718	9/247
attachment style -> emotional divorce	Significant	-0/714	10/329
safe style -> Weness of experience	Significant	0/739	9/576



Ambivalent style/...-> Weness of experience	Significant	-0/724	10/738
unsafe style -> Weness of experience	Significant	-0/691	11/327
attachment style -> Weness of experience	Significant	0/718	10/421
Weness of experience -> emotional divorce	Significant	-0/766	11/376

The results of Table 3 regarding the investigation of the research question that can emotional divorce be predicted based on the components of differentiation, attachment styles and we ness of experience? The significance analysis of the direct paths of the results has shown that the components of differentiation, attachment styles and we ness of experience with emotional divorce according to the value of the significance level which is less than 0.01 and also the value of the significance coefficients of the t statistic which is outside the range of -2.58 and It is 2.58 at the confidence level of 0.99, rejecting the null hypothesis and confirming. the research hypothesis that there is a significant relationship between differentiation components, attachment styles and we ness of experience with emotional divorce. Based on this, it can be said that the research question is confirmed. Also, in order to examine the indirect path of the relationship regarding the prediction of emotional divorce based on differentiation components with the mediation of attachment styles and we ness of experience, the results of significant coefficients obtained show that the indirect path between differentiation and its components is mediated by attachment styles and Its components and we ness of experience with emotional divorce are significant according to the significance coefficients of the t-statistic at the confidence level of 0.99. The results include the variance of differentiation (0.429) and Its components (emotional reaction (0.427), my position (0.426), emotional cut off (0.428), Fusion with others (0.435)) have shown that we ness of experience For two variables, differentiation and its components have a partial mediating role with emotional divorce. Also, in order to examine the indirect path of the relationship regarding the prediction of emotional divorce based on the components of differentiation with the mediation of attachment styles and its components, the results The significant coefficients obtained show that the indirect path between differentiation and its components with the mediation of attachment styles and its components with emotional divorce is significant according to the significance coefficients of the t-statistic at the confidence level of 0.99. The results of including the variance of differentiation (0.411) and its components (emotional reaction (0.407), my position (0.410), emotional cut off (0/ 409), Fusion with others (0.418) has shown that attachment styles have a partial mediating role for two differentiation variables and its components with emotional divorce. The results of the significant path coefficients obtained show that the indirect path between each of the components of differentiation (emotional reaction, my position, emotional cut off, Fusion with others) and the mediation of each of the components of attachment styles (safe style) Anxious/ambivalent style, insecure/avoidant style) with emotional divorce, according to the significant coefficients, the t statistic is significant at the confidence level of 0.99. The results of variance inclusion show that the style component (Secure) attachment for differentiation (0.409) and each of the components of differentiation (emotional reaction (0.399), my position (0.414), emotional cut off (0.408), Fusion with others (0.418) has a partial mediating role with emotional divorce. Based on this, the obtained results showed that the measurement pattern with the structural pattern of both The quality is relatively appropriate and high. Also, the results of inclusion are varied we ness of experience has shown that the component of attachment style (anxious/ambivalent) for differentiation (0.421) and each of the differentiation components (emotional reaction (0.415), my position (416) 0.0), emotional cut off (0.420), Fusion with others (0.434) with emotional divorce has a partial mediating role and also the results of inclusion of variance have shown that the attachment style component (insecure/avoidant) For differentiation (0.407) and each of the components of differentiation (emotional reaction (0.405), my position (0.399), emotional cut off (0.401), Fusion with others ( 0.425) has a partial mediating role with emotional divorce.

#### 4. Conclusion

The research was carried out with the aim of providing a model of emotional divorce based on differentiation with the mediating role of attachment styles and we ness of experience in the parents of students referring to counseling and guidance centers of the Association of Parents and Teachers of Education in the city of Tehran was done.

The result of the research showed: using the structural equation modeling method in order to evaluate how the structural model fits with the data collected in the research question test (providing a model for predicting emotional divorce based on differentiation with the mediating role of attachment styles and we ness of experience) with the model Based on this, the results of the research showed: the components of differentiation, attachment styles and we ness of experience have a significant relationship with emotional divorce, and the differentiation components mediating attachment styles and we ness of experience have a strong upper effect on emotional divorce. Based on the studies done in order to explain the results, it can be stated; Differentiation an essential role in the growth and development of satisfactory relationships of couples based on attachment style and experience. Because the couple's shortage of satisfaction with marital relations creates grounds for emotional divorce.

On this basis, the presence of emotional divorce in the relationship of spouses causes a kind of disorder in the functioning of the emotional system of the family, such that instead of supporting and understanding each other's feelings and emotions (Loudov & et al, 2013), the degree of harassment, failure and degradation of their dignity towards act on each other (Moradzadeh Khorasani, 2015), the existence of such behaviors in the interactions of couples is rooted in their lack of differentiation (Lim and Lee, 2017; Shawyer, 2017) because couples who have a low level of differentiation in dealing with conflicts and marital conflicts have less ability They have less rational decision-making and behave more emotionally, the presence of high emotional reactions in the face of stressful conditions in marital relationships creates the grounds for emotional divorce (FalehKar & et al, 2019). Also, Buser & et al (2019) state that couples Those who have less reactivity and emotional escape and limited fusion with each other, are able to express their opinions easily in their married life and experience a high level of marital satisfaction. Based on this, what is important in the relationship between spouses is the ability to gain emotional control and at the same time, stay in the emotional level of the family (Sloan & et al, 2017). Satisfactory relationships between couples through mutual interest and understanding, intimacy and attention, support and care for each other. , understanding, empathy is created and it can affect the health of the family (Azizi, 2016) and the development of talents, personality formation, family members (Masarik and Conger, 2017).

Also, in the explanation of the results based on the studies conducted by Johnson and Wittenborn (2012), Camara & Calvete (2012), Kalil, Ryan & Chor (2014), it can be stated that the type of couple's attachment style predicts the quality of compatibility to a certain extent. The way of interaction, a person's attitude towards interpersonal relationship is intimate, social and emotional. Also, Mami and Askari (2014) also stated that differentiated people who have a secure attachment style, in the face of marital conflicts, suffer from pain. They have a lower level of satisfaction than undifferentiated people who have avoidant and ambivalent attachment styles. Knowing the dimensions of attachment styles (Knudson, 2016); in married life (Lyusin, 2016; Raqibi & et al, 2013) can role an important in the stability of marital relationships (McDaniel & et al, 2017). The results of various studies have shown that the more stable a couple's mutual relationship is (Revenson and Lepore, 2012), it affects the satisfaction of the relationship, the quality and stability of the relationship (Randall and Bodenmann, 2009). Unity and dependence in marital relationships and after that, the creation of personal experience (Rahmati and et al, 2020) through security, empathy, respect, acceptance, pleasure, humor, perspective and a common view is created. The existence of a unified identity (Gildersleeve & et al., 2017) and the mutual interdependence of couples (Konstam, 2019) based on their perception of the relationship to the common idea of "We" (Topcu & et al, 2020) helps spouses to overcome life challenges (Manzia & et al, 2015).

Based on this, it seems that the perception of the concept of wholeness is one of the most fundamental elements of a couple's relationship, and the addition of the relationship to its own structure and the emergence of a sense of wholeness reduces the threat of attachment bonds and marital distress. Studies have shown that spouses who benefit from this mindset built in the intrapersonal and social domains, people with this orientation experience more marital satisfaction and higher well-being and health, and are more efficient spouses (Godwin & et al, 2013; Rohrbaugh & et al, 2012). . Based on this, building and maintaining a sense of belonging is one of the strongest predictors of marital stability and communication flexibility (Gottman, 2011; Skerrett and Fergus, 2015).

According to the surveys and studies conducted in the generalization of the findings of this research, it should be noted that the data of this research should be used with caution in a specific period of time in the statistical society with the sample size under investigation. Also, the presence of disturbing variables such as (attitudes of people, environmental conditions, emotional atmosphere of the family, response time,...) may have affected the results of the research, therefore, it is necessary to be cautious in generalizing the findings. Since marriage and choosing a spouse is one of the most important decisions in life, considering the role of predicting emotional divorce based on differentiation with the mediation of attachment styles and wholeness of experience, it is suggested, In order to increase the creation of appropriate communication platforms in the field of improving couples' relationships, based on family therapy and couple therapy approaches, training should be conducted regarding the reconstruction and enrichment of couples' communication patterns and marital conflict resolution skills in order to increase intimacy and create marital satisfaction.



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