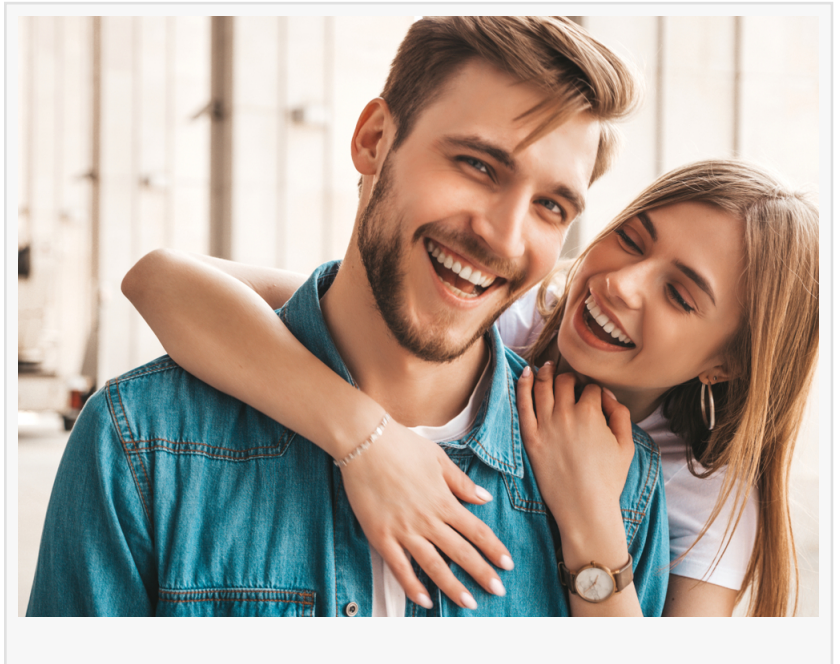


Alli Releases Guide on How Couples Can Revitalize Their Relationship When They Feel Disconnected

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/EINPresswire.com/ -- Alli has released a guide on [how couples can revitalize their relationship](#) when they feel disconnected. Some couples may feel like they've hit a rut if other aspects of their life have taken priority. However, Alli explains how couples can collaborate to create a deeper connection.



When people start their relationships, several key chemicals run through their brains, including testosterone, dopamine, and oxytocin. This can help people feel the exciting emotions of falling in love with someone. However, the chemical release lessens as time goes on.

This can often help people feel content in their relationship. Some people begin to feel unhappy with the dynamic with their partner, which often leads to disconnection. The guide provides insights into how people can tell the difference between when they're content in their relationship versus when they are unhappy.

Alli's approach to helping couples reconnect is through the attachment style method. This includes analyzing people's attachment styles and determining how that affects their relationship with their partner. The four categories that people can fall into include:

- Secure attachment style
- Anxious attachment style
- Anxious-ambivalent attachment style
- Fearful-avoidant attachment style

Identifying the kind of attachment style that someone has can help their partner understand them better. This allows both partners to work together towards a healthy, secure attachment style. Through this work, many couples will learn how to reconnect and build their communication.

This guide also covers adult attachment styles and how they can affect a relationship. People interested in revitalizing their relationships can utilize this method to reconnect with their partners.

Alli is an online platform that allows people to learn valuable life skills for aspects of their life, such as individual improvement of the mind and body and learning how to improve relationships. The approach taken by Alli's coaches and therapists allows for science-based guidance to make fundamental life changes. People interested in how Alli can help revitalize their relationships and other aspects of their life can [visit their website](#) to learn more.

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