

# Why Clingy People Feel Colder

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## ***TIME:***

An icy stare may do more than just chill your heart metaphorically — it can literally change the way you perceive ambient temperature, making a room feel several degrees colder. This cooling effect is most pronounced in people who tend to be anxious in their relationships, new research finds.

For the study published in *Psychological Science*, psychologist Matthew Vess of Ohio University recruited 56 adults online. Participants took a test that examined their so-called attachment style, basically whether they felt comfortable in their relationships with others or whether they were more anxious and avoidant.

Half the group was asked to contemplate a past romantic break-up while the rest were urged to think about an ordinary event that wasn't emotionally charged. Then, all the participants rated the desirability of various food items: some traditionally warm (like soup, tea or coffee) and some neutral in temperature (crackers or candy bars).

Read the whole story: [\*TIME\*](#)

