**Wrestling with Sibling Attachments in Fighting with My Family**

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This essay uses John Bowlby’s attachment theory to discuss attachment relationships in Fighting with My Family (2019). The attachment theory claims that children experience distress when separated from their primary caregivers either due to abandonment or loss. More recently, attachment theory has been used to study adults and romantic relationships; however, in this essay, the theory is extended to examine sibling relationships. A content analysis revealed the pertinent themes from the film that include parent-parent, parent-child, and sibling relationships. Throughout the film, Paige exhibits a secure attachment to her parents, which initially leads her to pursue a career in wrestling. Nonetheless, her attachment to her brother, Zak, appears to be even stronger than her attachment to her parents. Paige’s secure attachment to her sibling ultimately allows her to establish a successful professional wrestling career in the United States away from her family.