I have heard it said fornicators have difficulties bonding in marriage. Is that true?

When one uses his body in a way God did not intend, he can expect physical and psychological consequences. The Bible is man's manual for living (Ps 119:133). Sex outside of marriage destroys one's God-given bonding mechanism.

Fornication: comes from evil heart (Mt 15:19), sins against the body (1 Co 6:18), excludes one from God's kingdom (1 Co 6:9) and disrupts Christian fellowship (1 Co 5:9–11).¹

Sexual sinners with broken spirits and repentant hearts (Ps 51:16–17) who forsake their sin (Pr 28:13) can be forgiven.

¹ Thomas Nelson Publishers. (1996). Nelson's quick reference topical Bible index (p. 241). Thomas Nelson Publishers.