

Pursuer – Distancer Patterns

Pursuer

Handles toxic issues by talking them over and over – *this pours salt on the wound and it never heals.*

Makes criticism explicit (*fully revealed or expressed without vagueness, implication, or ambiguity: leaving no question as to meaning or intent*).

Forces communication

Personal boundaries are **open**: shares feelings easily, have easy access to the inner world; this also spills anxiety and upset to anyone around.

Likes and expects relationship time; feels refreshed and energized by people contact.

Likes to express emotions and thoughts

Personal rhythm – high speed or dead stop

High energy, intense, impatient

Takes on the lions share of responsibility in relationship

Feels like God – “I know what’s wrong and how to fix it.”

Foundational Need:

Safe and secure emotional attachment (Connection)

What Pursuers Can Do:

- Soften Themselves (Back off, demand less, expect less)
- Refrain from critical comments
- Create verbal and emotional distance. Bringing others in to fill in the gap (friends, family, co-workers)
- Use your strong social skills to welcome, attract, invite, and allure.
- Pull your partner in with positives rather than push away with negatives.

Distancer

Handles toxic issues by closing off, putting feelings away—anxiety always stays just below the surface.

Criticism is implicit (*capable of being understood from something else though unexpressed: **IMPLIED***)

Withdraws from communication

Personal boundaries are **closed**: shares feelings with only a select few; and under stress, even the few are shut out. When feelings do come out they pour out uncontrollably.

Likes time alone or small group activity time; feels drained by face-to-face contact

Avoids talking about emotions and thoughts; often says “I don’t know how I feel.”

Personal Rhythm – deliberate

Cool, logical, steady, calm

Concerned with productivity over relationship quality

Foundational Need:

Acceptance and approval

What Distancers Can Do:

- Step into the relationship, turn toward your partner.
- Initiate communication and contact
- Plan activities and together time
- Self disclose and share feelings
- If you don’t know how you feel, work to pull feelings out of the locked spaces where you store them
- Risk togetherness where you may be criticized or hurt