



Pursuer-Distancer Relationship Worksheet

To increase awareness of each partner's experience
and create mutual understanding and compassion for how you
both approach connection and distance

PART 1

Self-Reflection

Partner 1 (Pursuer)

What do I feel and think when my partner pulls away or needs space?

How do I typically respond when I feel my partner distancing?

What fears or needs drive me to pursue closeness?

What do I want my partner to know about how I feel in those moments?

How can I soothe myself or manage my anxiety without overwhelming my partner?

PART 1

Self-Reflection

Partner 2 (Withdrawer)

What do I feel and think when my partner seeks more closeness than I'm ready for?

How do I typically respond when I feel pressured or pursued?

What fears or needs drive me to pull away or seek space?

What do I want my partner to know about my need for space?

How can I stay emotionally connected even when I need physical or emotional distance?

PART 2

Partner Awareness & Communication

What have I learned about my partner's experience in this dynamic?

What misunderstandings might we have had about each other's behaviors?

How can I express my needs clearly without blaming or criticizing?

How can I show empathy and validate my partner's feelings even if I don't fully understand them?



PART 3

Creating New Patterns Together

What small step can we take to respect both our needs for connection and space?

How can we check in regularly about how we're feeling without triggering the pursuer-distancer cycle?

What agreed-upon "time-out" or pause signals can we use when the pattern starts to escalate?

What are ways we can reconnect after a distancing or pursuing episode?

Closing Reflection

What is one thing I commit to doing differently to help us move toward balance?

What is one hope I have for our relationship moving forward?



REVIVE INTIMACY
REBUILDING PATHWAYS TO CONNECTION AND INTIMACY

utkala@reviveintimacy.com | www.reviveintimacy.com