

The Pursuer–Distancer Dynamic

UNDERSTANDING THE CYCLE — AND FINDING A MORE CONNECTED WAY

The pursuer–distancer dynamic is a common pattern in close relationships. When one person feels anxious, hurt or disconnected, they tend to pursue closeness, reassurance or resolution. The other may feel overwhelmed and respond by creating distance. Both responses are usually attempts to manage difficult feelings — but together they can form a self-perpetuating cycle.

