

Pursue : Distance

A common interaction cycle that occurs in couples as attempts to cope with and protect against attachment-based fears and concerns.

Behaviors

Blame
Protest
Demand
Cling

Underlying Emotions

Sadness of loss
Fear of abandonment



Behaviors

Defend
Dismiss
Ignore
Withdraw

Underlying Emotions

Anger
Fear of intrusion and intimacy
Shame of inadequacy

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Adapted from Greenberg, Leslie S.; Goldman, Rhonda N. (2008). Emotion-focused couples therapy: the dynamics of emotion, love, and power. Washington, DC: American Psychological Association. Adapted with permission.