# 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

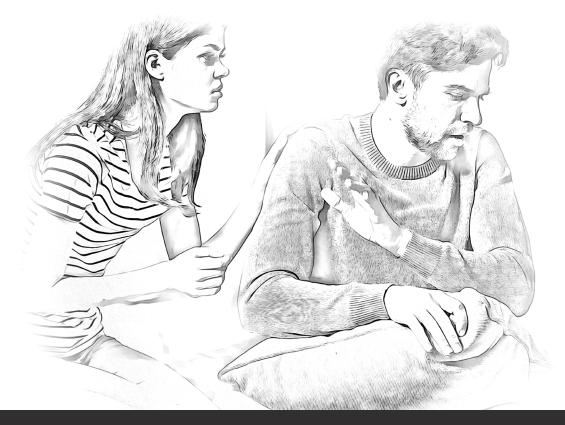
**Protest** 

**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