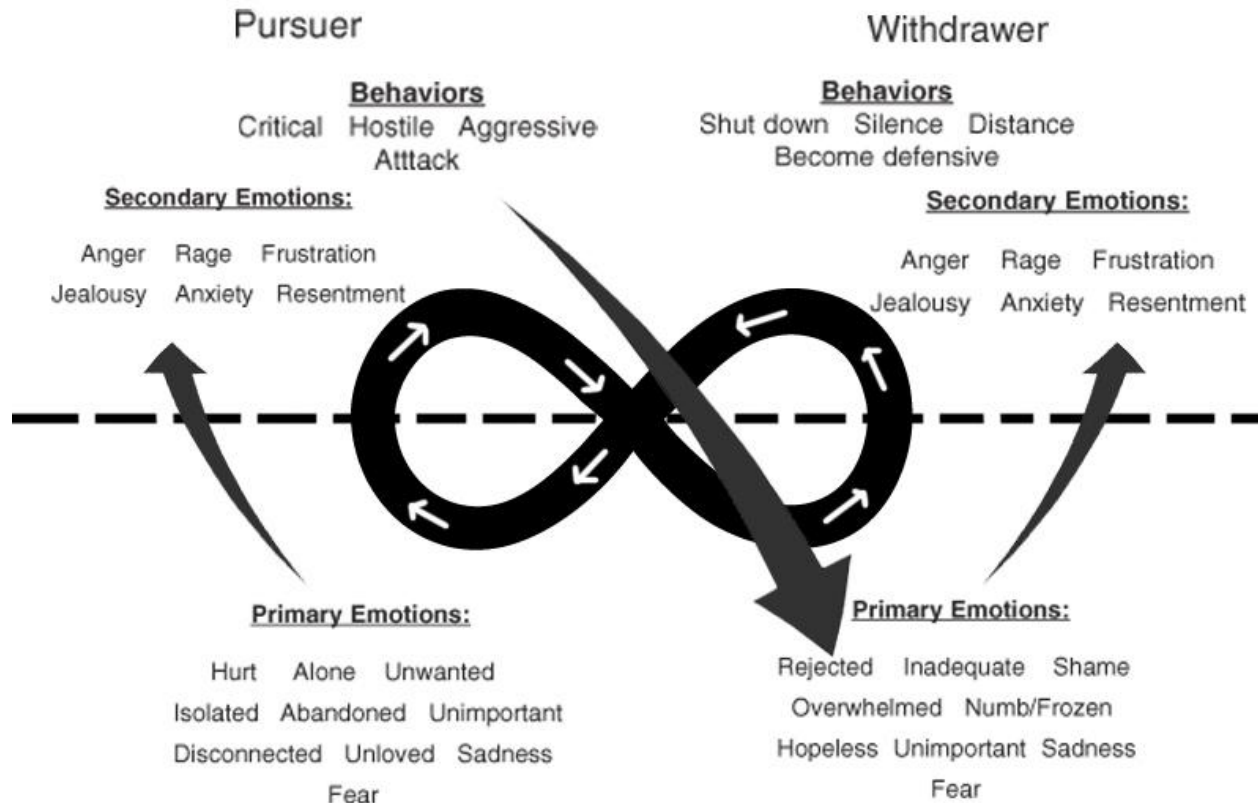




NORTH BAY COUNSELLING SERVICES



Step 1: Identify the Cycle

Think about a recent conflict or emotionally charged interaction with your partner (or another close person). What happened?

Brief Description of the Situation:

Step 2: Name Your Role in the Cycle

In this dynamic, which role do you tend to take?

- ☐ Pursuer – I try to reach out, fix, talk, confront, demand, or get a response.
- ☐ Withdrawer – I shut down, avoid, minimize, go quiet, or try to stay out of conflict.

Describe what you typically do when things feel tense or disconnected:

Step 3: What Are You Feeling?

When you're in this pattern, what emotions come up for you?

- ☐ Angry
- ☐ Hurt
- ☐ Anxious
- ☐ Sad
- ☐ Rejected
- ☐ Afraid
- ☐ Numb
- ☐ Overwhelmed
- ☐ Other: _____

What are the deeper emotions underneath your first reaction?

Step 4: What Are You Really Needing?

Even when you're reacting in a protective way (pursuing or withdrawing), there's usually a deeper emotional need underneath.

What do you long for from your partner (or other person) in this moment?

(e.g., "To know I matter," "To feel safe," "To be reassured," "To feel accepted")

Step 5: What Do You Notice About the Pattern?

- What does your partner typically do when you pursue/withdraw?
- How do your actions and their actions feed into the cycle?

Example: "When I raise my voice, they shut down. Then I feel even more alone, so I push harder."

Step 6: Breaking the Cycle – New Moves

1. What could you say to your partner that communicates your deeper emotion or need?

Example: "I get loud because I feel scared you're pulling away."

2. What would help you feel safe enough to respond differently?

Ideas for a new way to respond:

Reflection

How would your relationship feel different if you both could step out of this pattern and connect from a place of vulnerability?

