

Anxious-Avoidant Cycle Worksheet

Recognize and break the pursue-withdraw pattern in your relationship

Part 1: The Cycle

Mark the steps that feel familiar in your relationship.

- 1. Connection:** You feel close and safe.
- 2. Distance:** One partner pulls back or needs space.
- 3. Anxiety:** The other senses distance and feels insecure.
- 4. Pursuit:** The anxious partner seeks reassurance.
- 5. Withdrawal:** The avoidant partner pulls back further.
- 6. Conflict/Shutdown:** Tension escalates or someone checks out.
- 7. Reconciliation:** You reconnect, and the cycle restarts.

Hardest step for me:

Part 2: Your Role

Circle the statements that apply to you.

Anxious-Leaning

- I worry my partner will leave me.
- I need frequent reassurance.
- Distance feels like abandonment.
- I pursue connection when insecure.
- I read into small behavioral changes.

Avoidant-Leaning

- I value independence highly.
- Closeness makes me want space.
- I withdraw during conflict.
- I find it hard to express emotions.
- Commitment can feel like a trap.

My primary tendency:

Part 3: The Fear Beneath

Complete the sentence that fits you best.

If you lean anxious:

If my partner really knew how much I need them, I am afraid that...

If you lean avoidant:

If I let someone get truly close, I am afraid that...

Part 4: New Scripts

Practice replacing blame with cycle-awareness.

Instead of: “You never talk to me.”

Try: “I notice we are in the cycle. I feel anxious and would like to connect.”

Instead of: “You are too needy.”

Try: “I care about you. I need a short break, but I will come back in 30 minutes.”

My own script:

Part 5: Weekly Check-In

Use this once a week to talk without pressure.

1. **What went well in our connection?**

2. **When did we feel stuck in the cycle?**

3. **What did I need more of?**

4. **What did I need less of?**

5. **One small step we can take next week:**

Part 6: Commitment

Write one change you are willing to make.

My commitment:

My partner’s commitment:
