
Pursuer – Distancer Continuum

Pursuer:

Initiates

Directs

Relationally-oriented

Wants it done right

Wants stability

Craves closeness

Talks feelings

Chases

Uses lots of words

Usually more optimistic

Deluges other

Wants reassurance

Criticizes

Exaggerates conflict

Aggressive

Anxious about relationship

Wants intensity inside relationship

Love=sex*, time together, words of appreciation

Feels: Deprived

Deepest fear: Abandonment; loss of control

Distancer:

Responds

Helps

Production-oriented

Gets it done

Wants adventure

Needs space

Talks facts

Runs away

Uses few words

Usually more pessimistic

Starves other

Wants to be trusted`

Withdraws

Minimizes conflict

Forgets

Denies awareness of problems

Gets intensity outside relationship

Love=acts of service, gifts, words of appreciation

Feels: Overwhelmed

Deepest fear: Absorption; being controlled

Pursuer – Distancer Continuum

Pursurer Growth Challenge:

Contain anxiety

Reduce anger

Request directly

Accept a “no” response

Be satisfied with imperfection

Develop a fuller life

Have hobbies, friendships

Cherish attempts

Limit requests

No uncensored brain dumps

Be diversified

Dismiss small complaints

Be seductive

Structure alone time

Respect differences

Distancer Growth Challenge:

Initiate with partner

Feed partner

Discover personal needs

Say no

Care about details

Discover nuanced relationship

Balance work with family life

Develop relational courage

Under promise; over-deliver

Ask about the day

Be interested

Make small changes

Be affectionate

Plan romantic time

Respect differences

*75% of females are pursuers but often incongruent and therefore distancers in the area of sex. Likewise, men distancers are often sexual pursuers.