Love Avoidant Cycle

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1. The Love Avoidant enters the relationship because he will feel guilty if he says no.

4. The Avoidant uses resentment or the sense of being a victim to move to a wall of distance.

5. The Avoidant seeks intensity outside the relationship in order to feel alive and have a life of his own.

3. Feeling engulfed anyway, the Avoidant moves to a wall of resentment, anger & becomes critical of the partner.

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6. The Avoidant repeats the cycle by returning to the relationship out of guilt or by finding a new partner.

2. The Avoidant attempts to be relational behind a wall of seduction to avoid feeling vulnerable and to make the partner feel loved or special.

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NEGATIVE INTENSITY

POSITIVE INTENSITY