



FROM DISTANCE TO CONNECTION

UNDERSTANDING AVOIDANT BEHAVIOR
IN RELATIONSHIPS AND KNOWING
WHEN TO HEAL OR LET GO



BY ANGEL - SACRED BODY RITUALS

WELCOME

WHAT BROUGHT YOU TO THIS GUIDE TODAY?



Recognising Avoidant Behaviour

Avoidant behaviour often comes from fear: fear of intimacy, vulnerability, or past emotional pain. In relationships it can show as:

- Emotional withdrawal
- Difficulty expressing feelings or needs
- Mixed signals - craving closeness one moment, retreating the next
- Discomfort with reliance or being relied upon

Notice these patterns in yourself or your partner.
Write your observations below:

How Avoidant Behavior Affects Relationships

- Emotional disconnect leaves one or both partners feeling unseen or unloved
- Push-pull dynamics can develop if one partner is anxious for connection
- Communication may break down, leaving issues unresolved
- Trust and safety can feel fragile, affecting emotional intimacy

Tip: Avoidant behavior is usually a protective mechanism, not a lack of love.

Healing Avoidant Patterns

When Healing is Possible

Strategies 1 - 5

- Self-Awareness
- Communication
- Boundaries
- Personal Growth

Tip: Begin a daily journal of self-reflection, actioning the above strategies. Add it here to this workbook.

Recognizing When to Let Go

- Unmet needs
- Repeated avoidance
- Anxiety
- Emotional pain

Tip: Reflect in your daily journal any experiences of the above and how it leaves you feeling.

Heal or Let Go

Reflect on the two choices you have

Which path feels right for you right now?