

FROM  
DISTANCE TO  
CONNECTION

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



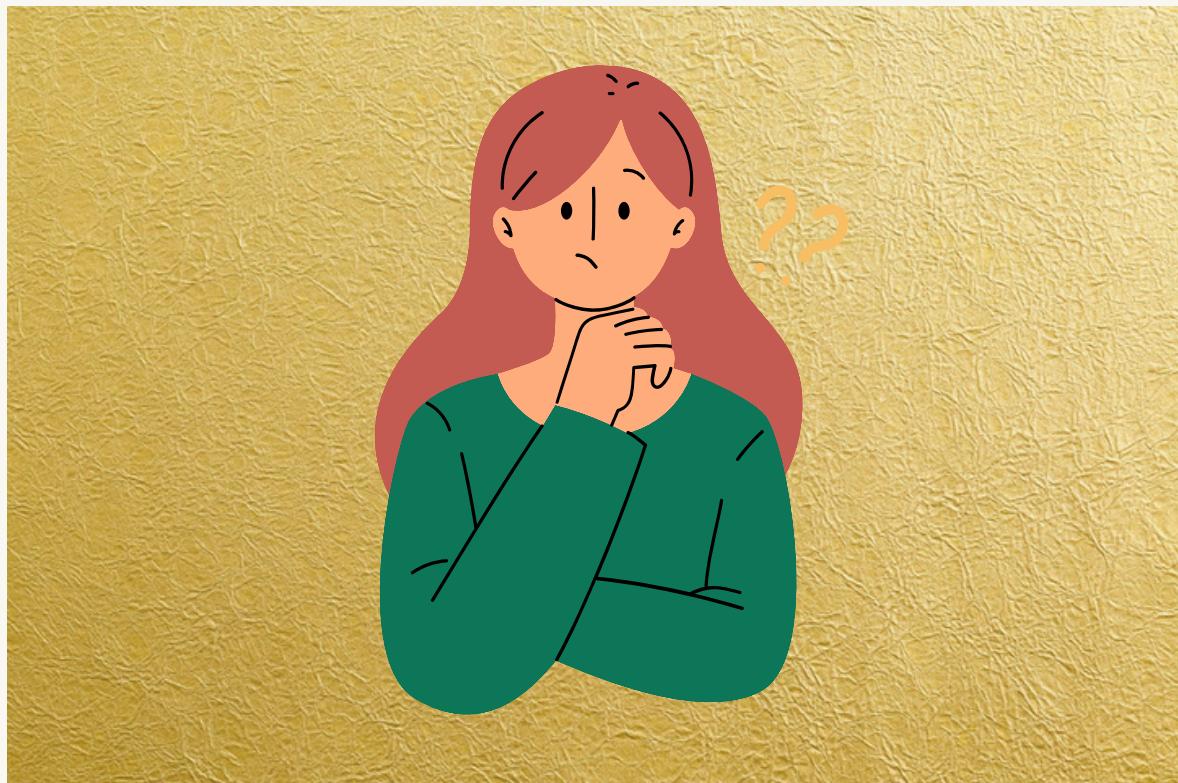
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BY ANGEL – SACRED BODY RITUALS

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# 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?