



Why The Harder You Try, The More They Pull Away

...And What To Do Instead

*3 practical tips for the partner who is tired of
feeling invisible*

YOU ARE NOT IMAGINING IT

You feel it at dinner when they go quiet. When the conversation stays surface level. When you reach for closeness & they seem to need less than you do.

You have tried bringing it up. It went nowhere.

You have tried being patient. The distance stayed.

You have tried being warmer, calmer, less needy. Nothing shifted.

Here is what nobody has told you:

The way you have been trying to fix this is probably making it worse.

Not because you are wrong to want closeness. Because the anxious and avoidant nervous systems pull in opposite directions. The harder one pursues, the more the other withdraws.

It is a cycle. And it has very little to do with how much you love each other.

THE REFRAME THAT CHANGES THE DYNAMIC



Your partner does not pull away because they do not love you.

They pull away because closeness, for their nervous system, can feel like pressure. And pressure feels unsafe.

When you change what you bring to that dynamic, the dynamic shifts.

3 PRACTICAL SHIFTS TO START THIS WEEK - STEP 1



1. REGULATE BEFORE YOU REACH

When you feel the distance, and the urge to close it rises... pause before you act.

The anxious nervous system sends urgency signals that feel like:
Do something now... Bring it up... Ask what is wrong... Close the gap.

But reaching while activated carries a charge your partner's nervous system detects before you say a word.

Before any emotional conversation:

Take five slow breaths. Check in with yourself. Am I activated right now, heart racing, words already forming before I've thought them through?

Or am I settled, open, genuinely curious?

Reaching from a settled, open place lands completely differently to reaching while activated. Your partner's nervous system feels the difference.

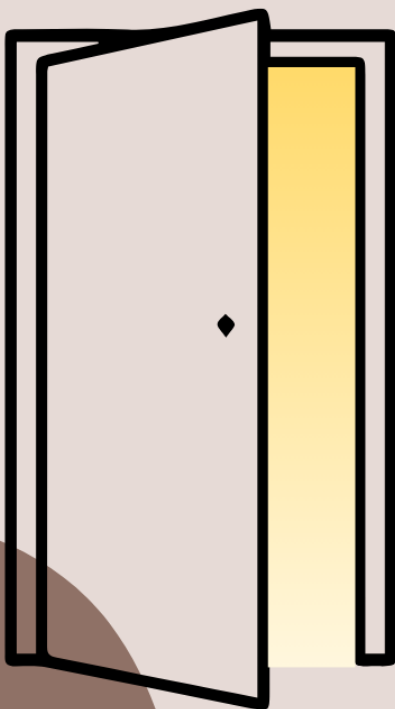
That single pause changes the energy you bring.

3 PRACTICAL SHIFTS TO START THIS WEEK - STEP 2

2. SWAP THE COMPLAINT FOR THE FEELING UNDERNEATH

Most bids for connection in drifting relationships come out as complaints. Not because you are critical by nature, but because unmet needs, left long enough, curdle into frustration.

The complaint triggers defense. However, the feeling underneath that... opens a door.



Instead of: "You never make time for us."
Try: "I miss you. I would love an evening that is just ours this week, how about Tue?"

Short. Specific. Soft.
The feeling underneath the complaint. Your hearts' desire.

Your partner cannot argue with a feeling.

They can only receive it or not.

And most of the time, a genuinely expressed feeling without a criticism attached to it lands somewhere real.

3 PRACTICAL SHIFTS TO START THIS WEEK - STEP 3

3. SHIFT THE RATIO

The negativity bias in our brain registers difficult moments more strongly and more durably than the good moments.

John Gottman found that stable relationships maintain roughly five positive interactions for every one negative interaction.



In a drifting relationship, we don't meet the 5:1 balance. That ratio tips heavily toward the negative, as we have less positive interactions.

One of the most powerful things you can do, starting today, is name one specific thing you genuinely appreciate about your partner, out loud... to your partner.

Do this every single day. Not a compliment. A specific observation.

"I noticed you sorted out the car. That took pressure off me, thanks"
"You made me a cuppa. I really appreciate it".

Small. Real. Consistent.

This does two things simultaneously:

It begins to rebalance the emotional ratio between you.

And it gives your partner's nervous system repeated evidence that they are seen and valued, which is the exact condition under which avoidant partners begin to soften and open ❤️.

WHAT CHANGES WHEN YOU MAKE THESE SHIFTS?

Your partner may begin to respond differently. Slowly. Cautiously. But differently.

Or they may not change at all.

And that clarity becomes the gift. Clarity about what is actually possible here and what you deserve.

Either way, **something shifts for you.**

You stop feeling powerless. You stop abandoning yourself in the pursuit of closeness. You start showing up from self-respect rather than fear.

That is worth everything. Regardless of what your partner does next.

READY TO GO FURTHER?



These three shifts work. And... they are the surface of something deeper.

I've designed **The Connection Reset: 4 Steps Back to Each Other** to help you stop seeing each other as 'the problem' and start seeing the pattern underneath.

Four short, practical videos you can work through together or start solo. Warm, structured, and deliberately accessible for the partner who tends to pull back as much as the one who tends to pursue.

If you're ready for a practical next step, these four short videos will walk you through exactly what to do differently - your first real step back toward connection.

It's simple, structured, and designed to create an immediate and lasting shift.

And if you complete it within 5 days, you'll unlock a deeper bonus video that helps you start changing the pattern at its core❤️.

START YOUR CONNECTION RESET NOW

Available now for just \$37 — instant access, no waiting.