

Notice when you feel an overwhelming need for closeness or when closeness is triggering for you. Do you prefer distance? Or is separation triggering for you? Do you withdraw when people do not treat you well, or do you put up with their mistreatment? Do you stay because you are insecure?

**Make note of the items you identify with.**

### Preference for Distance:

- Wanting to run away when you get close
- Feeling suffocated
- Not trusting your partner
- Believing you are being cheated on
- Not wanting to be touched
- Feeling rage when feelings are hurt
- Worrying the other person is not good enough for you
- Unable to tolerate neediness, sadness, or insecurity in your partner
- Not putting up with rude or insensitive behavior
- Getting angry, pushing your partner away
- Stop talking when you are upset

### Preference for Closeness:

- Unable to bear being alone/apart
- Difficulty with not being listened to
- Putting up with abusive behavior
- Difficulty when people don't understand you or aren't concerned
- Worrying that your partner doesn't love you or that you are going to be betrayed
- Fear of being abandoned
- Wanting to be held all the time; only feeling safe when someone is there
- Feeling unlovable when your feelings are hurt
- Unable to tolerate anger or silence
- Unable to set boundaries or say, "This is not okay"