

Loving an Avoidant Partner: A Practice Sheet

You cannot regulate another adult. Most of what gets written about avoidant partners is really a set of instructions for becoming smaller and quieter in the hope that the distance closes on its own, and it is worth saying plainly at the top of a page like this that it often does not. What is genuinely available to you is narrower and more useful than that. In a handful of repeating moments, your first reflex reliably makes the next hour worse, and there is a cheaper thing to do instead.

Who this is for: You have read three articles about avoidant attachment this week, you can explain the theory better than they can, and you still do not know what to do on the fourth day of short replies.

Six moments

1. The message that sits unanswered

The follow-up message, and what it costs you.

How long do I actually wait before the second message?

The wait I am committing to this time, in hours:

One message I could send at the end of it, naming what I want:

What I will do with the waiting time so it is not spent checking:

2. The flat response to something that mattered

You said something real and got three words back.

The thing I told them, in one line:

What I wanted back, said plainly:

What I did instead when it did not come:

The one-sentence version I could use next time:

3. The pull-back after a good weekend

Two good days, then two short ones.

How long does the pull-back usually last in my relationship?

What I normally do on day one:

What I will do instead on day one:

The date I would raise it as a pattern, not an incident:

4. The question that gets answered sideways

The answer that arrives about a smaller question.

The question I keep not getting a straight answer to:

How the deflection usually arrives (joke, counter-question, smaller answer):

What I would accept as an answer:

When I will ask it again, once:

What I do if the second attempt also goes sideways:

5. The plan that goes vague

Every attempt to confirm it makes it softer.

The plan that keeps going soft:

A smaller version of it I would still want:

What I will do if it is not confirmed by the day before:

6. The argument that stops being an argument

They stopped talking and you kept going.

The sentence I will use to stop it from my side:

The return time I will name:

What has to happen at the return for it to count:

What I will not do while waiting for it:

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.