

# Characteristics of Emotional Pursuers and Emotional Distancers

(from [The Solo Partner](#) by Philip J. Deluca, MSW)

<b>Emotional Pursuers (predominantly female)</b>	<b>Emotional Distancers (predominantly male)</b>
<p>1) Sense of Self</p> <ul style="list-style-type: none"> <li>i. Strongly non-individualistic.</li> <li>ii. Gives up individuality for the sake of the relationship.</li> <li>iii. Sees the world as centered on others.</li> <li>iv. Overly concerned and protective of others; always looking out for others.</li> <li>v. Feels empty without interaction with others.</li> </ul>	<p>1. Sense of Self</p> <ul style="list-style-type: none"> <li>i. On the surface, strongly individualistic.</li> <li>ii. Experiences his individuality to the exclusion of the relationship.</li> <li>iii. Sees the world as centered on himself.</li> <li>iv. Overly concerned and self-protective; always looks out for self.</li> <li>v. Chooses to be different for its own sake</li> <li>vi. Feels crowded when in relationships with others.</li> </ul>
<p>2) Trust</p> <ul style="list-style-type: none"> <li>i. Tends to be naive about relationships; optimistic about other's motives.</li> <li>ii. Overly trusting; frequently taken advantage of.</li> </ul>	<p>2) Trust</p> <ul style="list-style-type: none"> <li>i. Pessimistic about other's motives; cynic.</li> <li>ii. Highly suspicious of others and relationships with them.</li> </ul>
<p>3) Emotions</p> <ul style="list-style-type: none"> <li>i. Primarily people and feeling oriented.</li> <li>ii. Overemotional; seeks out emotions.</li> <li>iii. Wears emotions "on shoulder".</li> <li>iv. Overly sympathetic and empathetic.</li> </ul>	<p>3) Emotions</p> <ul style="list-style-type: none"> <li>i. Primarily object and logic oriented.</li> <li>ii. Overemphasis on thinking and logic; fears emotionality.</li> <li>iii. Affect can be elusive.</li> <li>iv. Little sympathy for, or empathy with others.</li> </ul>
<p>4) Emotional Boundaries</p> <ul style="list-style-type: none"> <li>i. Ill defined, loose, open, no secrets.</li> <li>ii. May be nosey, intrusive.</li> </ul>	<p>4) Emotional Boundaries</p> <ul style="list-style-type: none"> <li>i. Overly protected, closed, mysterious.</li> <li>ii. Needs a lot of "space".</li> </ul>

<b>Emotional Pursuers (predominantly female)</b>	<b>Emotional Distancers (predominantly male)</b>
5) Sense of Responsibility <ul style="list-style-type: none"> <li>i. Overly responsible.</li> <li>ii. Assumed too much responsibility for the relationship.</li> </ul>	5) Sense of Responsibility <ul style="list-style-type: none"> <li>i. Under responsible.</li> <li>ii. Feels responsibility for his situation or relationship.</li> </ul>
6) Rhythm of Change <ul style="list-style-type: none"> <li>i. Overly impatient.</li> <li>ii. Cannot delay dealing with problems.</li> <li>iii. Lacks restraint, impulsive.</li> </ul>	6) Rhythm of Change <ul style="list-style-type: none"> <li>i. Tends to be overly patient; procrastinator.</li> <li>ii. Avoids facing relationship problems.</li> <li>iii. Prone to relationship paralysis.</li> </ul>
7) Personal Problem-Solving Style <ul style="list-style-type: none"> <li>i. Emotional engagement; best and only solution is the most direct.</li> <li>ii. Seeks emotionally charged, reactive situations; tends to provoke crises.</li> </ul>	7) Personal Problem-Solving Style <ul style="list-style-type: none"> <li>i. Avoidance; believes ignoring a problem will cause it to go away.</li> <li>ii. Seeks peace; avoids emotional crisis.</li> </ul>
8) View of Love <ul style="list-style-type: none"> <li>i. Overly romantic; overlooks practical aspects of relationship.</li> <li>ii. "Love conquers all".</li> </ul>	8) View of Love <ul style="list-style-type: none"> <li>i. Overemphasizes practical aspects; overlooks romantic aspects of relationship.</li> <li>ii. "Love is fine, but it doesn't pay the bills".</li> </ul>
9) Sexuality <ul style="list-style-type: none"> <li>i. Sex seen as a sign of caring for and by partner.</li> <li>ii. Sexual distancer.</li> </ul>	9) Sexuality <ul style="list-style-type: none"> <li>i. Sex seen as a physical act, independent of caring.</li> <li>ii. Sexual pursuer.</li> </ul>