

# Break the Cycle

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Why You're Drawn to  
Emotionally Unavailable  
Partners & How to Shift It



## This guide is for you

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If you've ever found yourself drawn to emotionally unavailable partners, partners who are inconsistent, hard to read, or keep you at arm's length, you're not alone. It's a frustrating cycle that leaves you feeling unseen, unchosen, and emotionally exhausted.

But what if the key to breaking this cycle isn't about changing them... but about understanding why you're drawn to them in the first place?

This guide will help you:

- Recognize avoidant patterns that keep you stuck
- Identify where these patterns come from
- Learn how to shift them so you can create a deep, fulfilling relationship

Let's dive in

# Understanding Avoidant Attachment

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Avoidant behaviours aren't random. They develop from past experiences, usually from childhood or previous relationships, where you learned that emotional closeness felt unsafe, overwhelming, or unavailable.

## Avoidant Behaviours That Keep You Stuck in Unavailable Relationships

### 1. Keeping Emotional Distance

- You struggle to open up and let someone see your real emotions.
- You intellectualise your feelings instead of expressing them.
- When a partner asks how you feel, you respond with "I'm fine" or change the subject.
- You keep conversations surface-level and avoid talking about your deeper desires, fears, or needs.

### 2. Prioritising Independence Over Connection

- You tell yourself "I don't need anyone" and take pride in handling everything alone.
- You avoid asking for help or leaning on your partner because you fear being a burden.
- You choose partners who are also emotionally unavailable, so you don't have to be vulnerable.
- You overbook your schedule with work, hobbies, and social events to avoid emotional intimacy.

### 3. Sabotaging Emotional Intimacy

- You get uncomfortable when someone tries to get too close too fast and find reasons to pull away.
- You downplay their efforts when they do something thoughtful, telling yourself it's no big deal.
- You avoid deep eye contact or physical closeness because it feels too intimate.
- When things feel too good, you pick fights or create distance to regain control.
- You suddenly lose interest when someone starts showing genuine care and consistency.

### 4. Keeping a 'Way Out' Ready

- You mentally prepare for the end of a relationship, even when things are going well.
- You avoid making long-term plans with a partner because you don't want to feel "trapped."
- You date multiple people at once to avoid fully committing to one person.
- You think, "If this doesn't work out, I'll just leave" rather than working through challenges.

### 5. Running at the First Sign of Conflict

- You shut down emotionally or walk away instead of working through an argument.
- When your partner expresses a need, you dismiss it as being too needy or dramatic.
- You withdraw, become cold, or give silent treatment instead of communicating your feelings.
- You wait for "the right person" who will never trigger you instead of learning healthy conflict resolution.

# Understanding Avoidant Attachment

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## Avoidant Behaviours That Keep You Stuck in Unavailable Relationships

### 6. Attracting Emotionally Unavailable Partners

- You feel drawn to partners who are hard to read, live in a different city, inconsistent, married/in a relationship or emotionally distant.
- You chase love by proving yourself, believing you need to work hard to earn someone's affection.
- You say you want a deep connection, but when a healthy, available person shows interest, you lose attraction or feel suffocated.
- You tell yourself, "I just have high standards," but deep down, you only feel chemistry with unavailable partners.

### 7. Believing Vulnerability Is a Weakness

- You fear relying on someone emotionally because you don't want to get hurt.
- You assume that if you express a need, a partner will see you as needy or desperate.
- You hate feeling dependent on someone else for emotional support.
- You resist saying, "I miss you," "I need you," or "I love you" first because it makes you feel exposed.

### 8. Overly Controlling the Relationship Dynamic

- You avoid letting your partner take the lead or do things for you because you want to stay in control.
- You make sure to never text first or wait a certain amount of time before replying to avoid looking "too eager."
- You keep strict emotional boundaries to prevent yourself from getting attached.
- You withhold affection or praise because you don't want to seem too invested.

### 9. Seeking Perfection as a Form of Avoidance

- You convince yourself that no one is ever "good enough" to avoid committing.
- You fixate on small flaws in your partner as an excuse to keep emotional distance.
- You think, "If only they were taller, richer, funnier, more confident, etc., then I'd be interested."
- You constantly look for "something better" instead of deepening your current connection.

### 10. Distracting Yourself from Emotional Processing\*\*

- After a breakup, you immediately jump into dating instead of reflecting on what went wrong.
- You keep yourself busy with work, travel, or socialising instead of sitting with uncomfortable emotions.
- You numb yourself with food, alcohol, scrolling, or casual relationships instead of addressing deeper wounds.
- You tell yourself, "I'm just not an emotional person" instead of acknowledging past hurts that need healing.

If any of these resonate, it's not because something is wrong with you. It's because you've learned to protect yourself from emotional pain by staying at a safe distance.

# Where Did These Patterns Come From?

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## 1. Your Early Experiences Shaped Your Relationship Blueprint

Our attachment patterns form in childhood. If you had:

- Emotionally unavailable or inconsistent caregivers, you may have learned that love is unpredictable and that relying on others isn't safe.
- Caregivers who dismissed your emotions, you may have learned to suppress your feelings to avoid being "too much."
- A household where independence was overemphasised, you may have been praised for self-sufficiency and learned to rely only on yourself.



## 2. Past Relationship Trauma Reinforced Your Avoidance

If you've experienced:

- A past partner who betrayed your trust, you might struggle to let anyone in again.
- A relationship where you felt smothered or controlled, you may now avoid emotional closeness to maintain your freedom.
- A history of choosing emotionally unavailable men, you may subconsciously believe love requires emotional distance.

These experiences create a subconscious belief system that tells you: "Closeness is dangerous. I need to protect myself."

# How to Shift These Patterns & Open Yourself to Healthy Love

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Healing avoidant patterns isn't about forcing yourself to be different overnight. It's about building safety in connection, step by step.

## **Step 1: Identify Your Personal Avoidant Behaviours**

Look at the list of avoidant behaviours (see Page 1) and ask yourself:

- Which of these patterns show up most often for me?
- How do I react when someone tries to get emotionally close to me?
- What thoughts or fears come up when I think about being truly vulnerable?

Awareness is the first step. Once you see your patterns, you can start shifting them.

## **Step 2: Challenge Your Subconscious Beliefs About Love & Closeness**

Many women with avoidant patterns carry deeply ingrained beliefs that hold them back from healthy relationships.

Common avoidant beliefs:

- "Love means losing myself."
- "If I let someone in, they'll hurt me."
- "I don't need anyone; I'm fine on my own."
- "Men always leave, so why get attached?"
- "I have to be perfect to be loved."

Reframe these beliefs by asking:

- What if love actually enhances who I am, rather than takes away from me?
- What if emotional closeness can feel safe and fulfilling?
- What if needing support is not weakness, but strength?

## **Step 3: Start Practicing Emotional Vulnerability in Small Ways**

Emotional intimacy doesn't have to feel overwhelming. Start by:

- Sharing small feelings first. Instead of suppressing emotions, try expressing them: "I had a hard day today."
- Letting someone help you. Whether it's accepting a favour or opening up about something personal, practice receiving rather than always being the giver.
- Staying present when conflict arises. Instead of shutting down or running, try pausing and staying engaged.

# How to Heal & Attract Healthy Love

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Shifting avoidant behaviours takes time, but every small step brings you closer to the deep, fulfilling connection you truly desire.

## **Reflect on Your Patterns**

Go back to Pages 3 & 4 and identify the top 3 avoidant behaviours you struggle with the most.

## **Rewrite Your Beliefs About Love**

Write down the beliefs that have kept you in this cycle, and actively choose new, supportive beliefs.

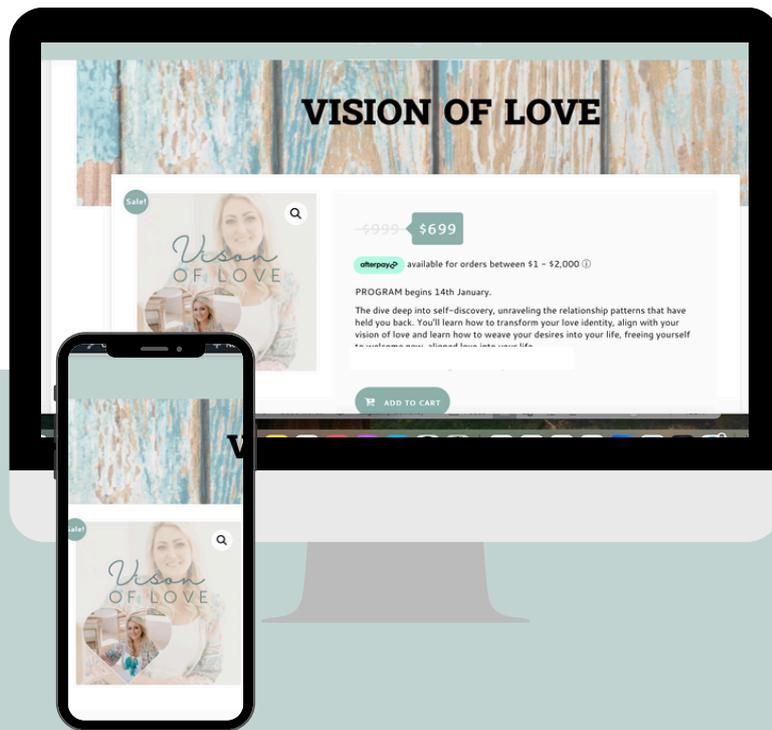
## **Take Small Steps Toward Emotional Openness**

Start practicing vulnerability in safe spaces, whether with friends, family, or trusted people in your life.

## **Be Intentional About the Partners You Choose**

The love you desire requires choosing different types of partners, not ones who reinforce old wounds.





## Ready to Go Deeper?

If you're ready to fully break free from emotionally unavailable relationships and become the woman who naturally attracts aligned love, I invite you to join the **Vision of Love**.

Inside the **Vision of Love**, we go deeper into:

- Unpacking the relationship patterns and childhood wounds that created the patterns that lead to these unhealthy relationships,
- Healing subconscious beliefs that keep you stuck,
- Completing the past so it doesn't interfere with your future,
- Reconnect you to your true self without the childhood wounds and avoidance attachment style,
- Craft your new Vision of Love and align you with the energetic frequency to effortlessly attract the love you desire.

## What the women inside the Vision of Love are saying...

I knew I needed someone who had experienced this themselves and someone who knew how to provide me with a process that could clear the patterns and negative thoughts and set me on a new aligned path.

Nikki, you are literally changing my life, thank you 💕

The modules have taken me through a simple yet powerful process to work through and clear negative patterns and create a new version of who I want to be in my ideal relationship.

Woohoo, happy dancing 🥳  
People need to experience this if the first module is anything to go by. 💕

Hi Nikki  
I've completed the first module - relationship mapping.

I did the attachment styles for all four of my key relationships. You won't believe it, each of them were a different attachment style, yet I was the same style in each of those relationships. I've clearly been AVOIDANT in every one of them. Time to change that! 🥳

**JOIN THE VISION OF LOVE PROGRAM HERE**

You're already on the journey to reconnecting with your true self.  
What is holding you back now?  
Only you are!