

Is He Pulling Away or Is it in My Head? – 2 Relationship Experts Reveal Exactly What To Do

by [Anita Gadhia-Smith](#) – PsyD, LCSW-C, LICSW, [Michelle Henderson](#) – MA, LMHC

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~ Mandy Hale

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Anita Gadhia-Smith



Michelle Henderson

If you think he is pulling away, he probably is - but that's not necessarily a bad thing



If you think he is pulling away, he probably is.

This is not necessarily a bad thing. Most relationships develop in a series of cycles, with a pulling away and coming together more closely every time there is a reconnection.

Men often need to pull away after intimacy in order to reconstitute themselves and to regroup.

Particularly after physical intimacy, women will want to draw closer, while men will generally want to go to their “cave” and spend some time alone doing other things.

The key thing to do is to stay steady and occupy yourself with your own life and your own activities.

Focus on enlarging your own life. You do not want to make a man the center of your world. That creates an unattractive clingy dependency and is likely to turn a man off.

Taking time away from you to do other things does not mean that he is leaving the relationship, or that he used you, or that you are being dumped. It means that he has a life. It is simply a reflection of a natural cycle of to and fro and is typical in many healthy relationships.

If you let him pull away and then come back on his own schedule, the relationship is likely to evolve in a healthy manner.

Let go, trust, and see how things develop.

If he does not come back, the relationship was not meant to be in the first place. If he does, your relationship will continue to grow and deepen, strengthening with each cycle.

Trust the natural order of the universe and let things be what they are supposed to be.

Anita Gadhia-Smith, PsyD, LCSW-C, LICSW – www.drgadhiasmith.com

It's important to name the elephant in the room



When doubts start to creep in about a relationship, it can be hard to make them go away.

All relationships go through natural ups and downs, experiencing periods of closeness and periods of distance. In a healthy relationship, a couple is able to come back together and maintain connection, even when life is challenging, or they are in conflict.

If you're feeling that your partner is pulling away from you, as hard as it may be, it's important to name the elephant in the room.

Consider saying something like, “It doesn’t feel like we’ve been as close lately – have you noticed that?” or “It feels like something is off with us and I can’t quite put my finger on it.”

Hopefully, this will open the door for you and your partner to talk about what may be going on.

How willing they are to talk about your concerns says a lot about if they’re pulling away or not.

If they really show concern and want to re-build connection with you, you’ll start to see this after you bring it up.

If they say something like, “Nothing’s wrong”, shut down the conversation, and brush it under the rug, this could be cause for concern that they would rather ignore distance than work to bridge it with you.

Above all, actions speak louder than words.

If you’re noticing patterns in your partner’s behavior of consistently not responding to your calls/texts even when they’re available to do so or of spending less time with you without a clear cause, trust your gut that something is going on.

It may not be an issue with your relationship (perhaps they’re worried about something else or experiencing depression), but it is a problem if they won’t talk with you about what’s changed or how to become close again.

Michelle Henderson, MA, LMHC – www.nextchapter-counseling.com

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