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Understanding the
Complexities of
Relationships

Dynamics of **Emotional Push-Pull**

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Index

- Introduction
- Meaning & Definition
- Deep Dive – Causes
- Where is it seen
- Why does it happen
- Effects on other persons
- How to Handle
- Conclusion



Introduction

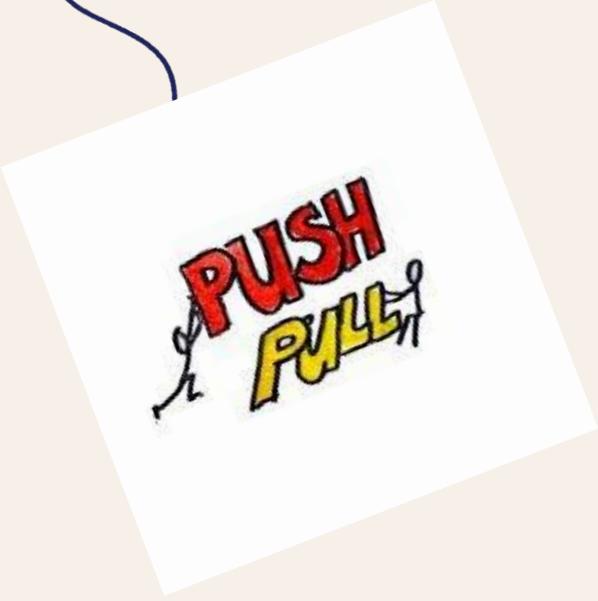
Let's discuss the dynamics of emotional push-pull in relationships, examining its mechanisms, effects, and strategies for management.



01

Meaning and Definition

A Psychological perspective



PUSH
PULL

Definition of Emotional Push-Pull

Emotional push-pull refers to the fluctuating dynamics of attraction and withdrawal experienced in relationships, leading to emotional confusion and conflict.



Meaning

Emotional Push-Pull is a psychological pattern where a person alternates between **pulling someone close** (showing affection, care, or interest) **and** then **pushing them away** (acting distant, cold, or rejecting). This creates confusion and emotional turmoil for the person experiencing it.



02

Deep Dive - Causes

Getting into more...



Psychological Causes

Triggers for emotional push-pull often include **past experiences**, attachment styles, and individual **insecurities** that influence partner responses.

The characteristics of emotional push pull include inconsistency in behavior, fluctuating levels of emotional engagement, and challenges in establishing trust.

These dynamics often create a cycle of attachment and detachment, leading to mixed signals and emotional discord between individuals.



Social Influences

Social influences play a significant role in emotional push-pull dynamics, as societal norms and peer relationships can shape individual behaviors and expectations in romantic relationships.



Where is it seen

✓ **Relationships** – One partner is affectionate one moment and distant the next.

✓ **Parenting** – A parent gives love but then withdraws suddenly.

✓ **Friendships** – A friend is very close but then ignores or avoids interaction.

✓ **Workplaces** – A boss praises an employee and later criticizes them harshly.



Why Does It Happen?

- **Attachment Issues** – Fear of intimacy or abandonment.
- **Emotional Manipulation** – To control or keep someone emotionally hooked.
- **Unresolved Trauma** – Past experiences affecting emotional stability.
- **Fear of Commitment** – Wanting closeness but fearing dependence.



03

Effects



Effects on the Other Person

- Creates **emotional confusion** 🤯
- Leads to **anxiety and insecurity** 😬
- Can result in **dependency (chasing validation)** 🏃‍♂️ 📱 💔



Emotional Consequences

Emotional push-pull can lead to confusion, anxiety, and stress for both partners, ultimately affecting self-esteem and emotional well-being.



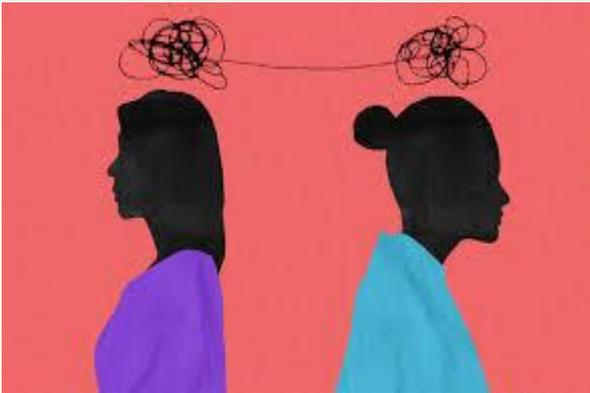
Impact on Relationships

The constant oscillation between intimacy and distance can create instability in relationships, leading to mistrust and conflict if not addressed.



Long-term Implications

Long-term exposure to emotional push-pull can result in chronic relational dissatisfaction and can hinder the development of secure attachments. dejected mind state.



04

Management



How to Handle Emotional Push-Pull?

- ✓ Recognize the pattern

Hot & Cold Behavior

One moment, the person is affectionate, interested, and engaged.

The next, they become distant, aloof, or even dismissive.

Inconsistent Communication

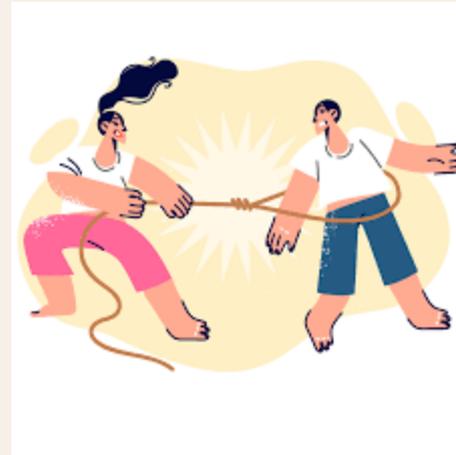
They text or call frequently, then suddenly go silent for days.

They express deep emotions but later act indifferent.

Creating Distance After Closeness

After a deep, meaningful interaction, they suddenly pull away.

They may act irritated or uninterested right after a moment of connection.



How to Handle Emotional Push-Pull?

- ✓ Recognize the pattern

Unpredictable Reactions

You never know how they will respond to situations—sometimes warm, other times cold.

Their moods seem to dictate the relationship, leaving you on edge.

Emotional Highs and Lows

The relationship feels intense, passionate, and exciting at times.

Other times, it feels lonely, frustrating, or emotionally draining.



How to Handle Emotional Push-Pull?

- ✓ Set emotional boundaries

Define Your Own Emotional Limits

Ask yourself:

- @@ How much unpredictability am I willing to tolerate?
- @@ What kind of communication do I expect in a healthy relationship?
- @@ What behaviors am I NOT okay with?

Knowing your boundaries makes it easier to enforce them when the push-pull cycle starts.



How to Handle Emotional Push-Pull?

✓ Communicate openly

Communicate Your Boundaries Clearly

Instead of reacting emotionally, set clear expectations:

🗣️ Example:

- “I need consistency in communication. If you keep disappearing, I won’t chase you.”
- “If you pull away after we get close, I will respect your space—but I won’t keep waiting for you to come back.”

This shifts power back to you instead of letting their unpredictable behavior control your emotions.



How to Handle Emotional Push-Pull?

- ✓ Seek therapy if needed.

If majority of the items are found in this set, it is time to seek therapy

Anxiety/ Depression

Emotional Distress

Physical Symptoms

Relationship issues



- ❑ **Psychologist** – For therapy and coping strategies.
- ❑ **Psychiatrist** – If symptoms are severe and require medication.
- ❑ **Counselor/Life Coach** – For guidance on improving relationships and emotional stability.

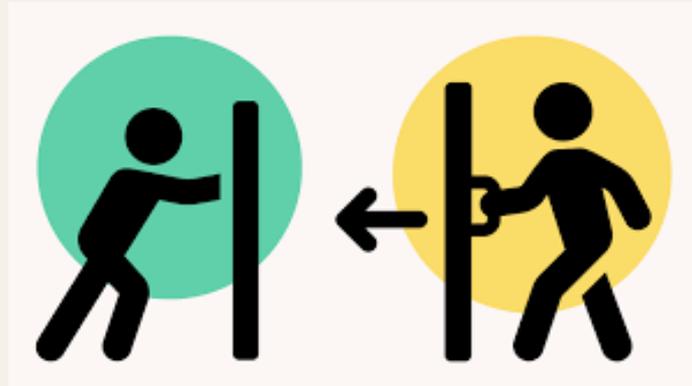
Recognizing Push-Pull Dynamics

Being aware of and acknowledging push-pull dynamics is the first step toward managing them, helping partners identify patterns in their interactions.



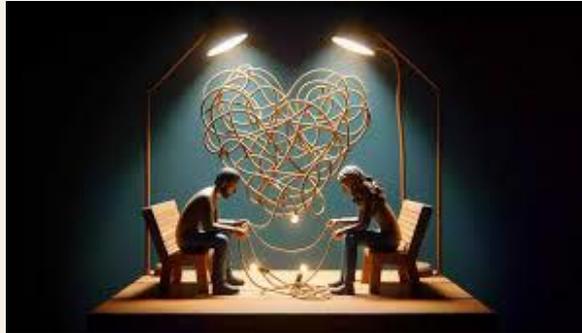
Strategies for Healthy Interaction

Implementing effective communication strategies, setting boundaries, and practicing vulnerability can help nurture healthy relationships and mitigate push-pull dynamics.



Seeking Professional Help

When emotional push-pull becomes overwhelming, seeking help from a therapist or counselor can provide valuable support and strategies for managing these feelings.





Conclusions

Understanding and addressing the dynamics of emotional push-pull is essential for fostering healthier, more fulfilling relationships.



Thank you!

- Do you have any questions ???
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