

58 Ultimate Signs You're Emotionally Unavailable

If you keep attracting emotionally unavailable people who treat you badly, let you down, don't invest in the relationship and/or always turn out to be unsuitable in some way, and if you can't get the attention of the kind of men you desire and deserve and you want things to change **you have to deal with YOUR OWN emotional unavailability FIRST.**

It all starts with awareness. Here are 58 Ultimate Signs That You're Emotionally Unavailable.

1. You avoid, shut out or distract yourself from uncomfortable emotions such as anger, shame, guilt, fear. You buried these feelings and now you try to switch them off wanting to only feel other more pleasant emotions. Emotions don't work that way, we can't pick and choose. If we cut off some, we block and or/intensify others. We have to feel to heal.
2. You keep attracting the same kind of people/relationships with the **same issues** and **negative traits** and convince yourself that at least the next one isn't quite as bad as the last. Often however the comparison is short lived, they can turn out to be worse.
3. You don't want to take responsibility for yourself, your feelings, and/or the situation you keep finding yourself in; instead you apportion blame to the other person.
4. You become someone else when you're in relationship letting go of your boundaries, pretending to like things or fitting in with what others like, how they want you to be, act, etc.
5. You consistently complain about the same things in your relationships either to your partner or to your g/friends, not feeling heard, validated, respected etc.,
6. You only want to own the good stuff and don't want to deal with problems and you don't give an honest account of your experiences.
7. You avoid conflict, shy away from standing up for yourself and having a voice. You may bottle it up only to instigate an argument later.
8. You're seeking perfection and you don't allow yourself or others to make mistakes, which stops you from learning and raising your awareness.
9. You waste time and energy being pissed off with your life but feeling powerless to do anything about it and then distract yourself from these feelings with food, drink or sex etc.
10. You avoid failure at all costs.

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11. You have a fear of being abandoned which stops you from discovering and connecting back to your own inner security and finding security with others through trust.
12. You can't handle disappointment.
13. You only want the rainbows and butterflies and you fear experiencing contrast. You panic when the relationship hits a bump in the road.
14. You try to control everything around you and deny others responsibility, accountability or free will.
15. You live in denial and are always rationalising things away, making excuses or minimising bad behaviours, refusing to see truth and reality.
16. You become a passenger in your relationship allowing others to drive your life.
17. You wait for people to pick you even when you don't really want them.
18. You can't accept someone as they are instead you try to be the one to change them when no one else could. Then you blame yourself when you inevitably fail.
19. You create problems and pain in your life as a consequence of the choices you keep making and you refuse to take action to create different outcomes.
20. You can't handle the now; instead you're always wondering what's next or what might happen blocking you off from the present moment.
21. There's something in your life that you're so terrified of facing, something that you avoid by attaching yourself to emotionally unavailable people so they distract you and you can indulge in destructive behaviours.
22. You have little or no boundaries instead you tolerate behaviours even though they trigger your gut and set off an internal alarm.
23. You repeatedly sell yourself short and allow others to manage down your expectations through their dodgy behaviour which you justify because you don't want to complain and end up alone.
24. You hook up with people for ONS or have sex before getting to know them or establishing trust.
25. You suspect that the person you're seeing isn't being honest or is stringing you along but you don't ask them outright because you don't want to hear the truth.
26. You put people on pedestals and come up with new meanings for their bad behaviour.

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27. You focus only on the good “magical” stuff when you're together completely skipping over the lack of contact and/or low investment in-between.
28. You're ok with being deprived of time and attention (often this is because growing up your parents were too busy, or one was absent, left, only visited etc.)
29. You miss (or ignore) red flags.
30. You get caught up in a yo-yoing relationship obsessed with seeing if you can win the person back even when you know the relationship isn't workable.
31. You try to be better or outdo the previous g/friend(s) thinking that if you can be better he'll stay and validate you.
32. You have relationships with people who are already in a relationship and compete to be better than the current partner.
33. You compete with an addiction such as alcohol, gambling or drugs expecting the person to choose you over their addiction and then becoming hurt when they don't.
34. You like to rescue people and choose people who you can 'fix up' but then fear that once they become better they'll leave you for someone else who'll reap the rewards of your hard work.
35. You play down your needs pretending to be more independent than you actually are so that you won't come across as needing too much. You also say you're ok with things when actually you're not, but you don't want to be seen as weak or dramatic.
36. You fall into one-sided attraction relationships and create an illusionary world of feelings, obsession and drama.
37. You're the queen of projection and subconsciously choose men who perfectly fit the mould of your negative self-fulfilling prophecy of not being good enough, being rejected, abandoned etc.
38. You have conversations in your head without communicating it to the other person and then wonder why they don't feel the same or understand where you're coming from.
39. You easily lose sense of proportion and become consumed by how you feel.
40. You're so afraid of being rejected that you don't want to risk being in a *real* relationship so instead create a fantasy that exists only in your mind which relies on someone as inspiration to fuel your day dreaming.
41. You hold onto toxic relationships and people who treat you badly long after you should let go and in doing so become the creator of your own pain.

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42. You continue to pursue people even when they've told you they're not interested in a relationship and/or put little to zero effort in.
43. You find yourself waiting, hoping, pining, projecting, creating drama and then wondering why you're miserable.
44. You create elaborate excuses for others and yourself instead of taking things at face value.
45. You waste time and energy wanting men who don't want you and obsessing about them which literally brings your life to a standstill.
46. You hear only what you want to hear. Even when someone tells you they're not ready for a relationship or they haven't yet gotten over their messy divorce or nasty ex, you think that doesn't apply to a relationship with you.
47. You wallow in your own world of fantasy and victimhood and blatantly ignore the signs to get real and wake up.
48. You don't care, or hear or pay attention to how someone else feels, instead only being interested in how you feel and expecting the other person to feel that way too.
49. You play mind games, manipulate and deflect your inability to make yourself vulnerable and be open and honest about how you feel.
50. You come to relationships from the energy of distrust expecting people to cheat or let you down.
51. You hate being alone because you're terrified of loneliness.
52. You resist change instead doing the same thing over and over again even when it's not working and you know you need to change.
53. You're afraid to be truly honest with others in case you hurt or offend them or it feels uncomfortable so you lie or play things down even to yourself.
54. You let others treat you badly without holding them accountable.
55. You accept crumbs and get excited by minimal messaging or random texting.
56. You tell yourself you're ok with the level of commitment or where things are at when really you want more.
57. You're still not over your ex but you're in a new relationship.
58. Having a relationship is more important than finding the right person.

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Life's too short or too long to keep suffering in bad relationships. You deserve happiness, love and connection and you can have it, but it has to come from the inside out.

[Dawn Lee](#) is a Personal, Professional and Spiritual intelligence coach™ with a passion for melding psychology and spirituality. Dawn's expertise is leading others out of personal and relationship crisis and into clarity to find happiness, peace, love and connection inside out. Her mission is to help shine a light of awareness in the world and connect others back to their happiest, truest, more fearless selves. [Discover how to work with 1:1 with Dawn.](#)