

Self-Help Tools: Difficulty vs. Complexity

Curated by Simon De Los Rios

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We often mistake difficulty for complexity. If something feels hard, we assume it must be complicated to solve. But many emotionally heavy moments are simple in structure and just uncomfortable in action.

Breaking up, quitting a job, or setting a boundary are difficult because they require courage, not because they are complex. Saying I do not feel this relationship is right anymore, or I have decided to move on from this role, is simple in process but emotionally hard to do.

The mind often invents complexity to protect itself from discomfort. Recognize when you are doing that. Things become clearer when you stop confusing courage with complication.

How to use it:

- Write down one situation that feels complex.
- Ask: is this truly complex, or just difficult?
- If it is difficult, name the single clear action that would move it forward.
- Notice what stories your mind adds to avoid that step.