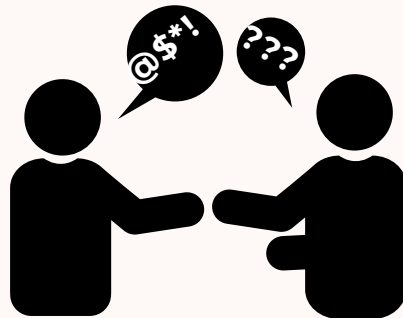


“I’m not good
enough, and neither
are you.”



A W A Y ' I ' M N O T
G O O D E N O U G H '
C A N C R E A T E
R E L A T I O N S H I P
C O N F L I C T

What's Happening?

When you believe deep down that you're **not good enough**, relationship injuries don't just feel upsetting — they feel **threatening**. Even small misattunements or mistakes can:

- Reinforce your worst fears: “See!? I’m not lovable or worthy.”
- Feel like a repeat of past wounds: Times when you weren’t seen, heard, or protected.
- Create a strong need to be fully understood in the moment: Now, deeply, and completely.

The Cycle

When that pain isn't acknowledged in just the right way, you may feel compelled to:

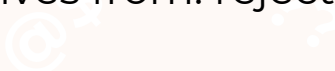
- Keep explaining
- Repeat how hurt you are
- Push for your partner to “really get it”

But here's the twist:

The more you try to show the depth of your pain, the more your partner may start to feel like they're not good enough. And then you both end up feeling:

- Misunderstood
- Hurt
- Distant

In this shame loop, we co-create a self-fulfilling prophecy. The things we do to protect ourselves end up co-creating the harm we intended to protect ourselves from: rejection and abandonment.



↔ What is Being Experienced on the Inside and Between

YOU	PARTNER
I don't feel good enough	I feel like I'm failing you
I need you to understand my hurt	I feel overwhelmed or helpless
I keep pushing for more clarity	I feel like I'm always wrong
My pain doesn't feel seen	I don't know how to fix it or do it right
I feel abandoned	I feel blamed

How to Begin to Shift the Pattern

1. Pause
2. Self-Soothe and Self-Regulate - Learn Coping Skills. It's okay to step away to calm on your own until you can move forward together.
3. Ask yourself: *"Is this pain only about what just happened, or is it touching something older or deeper?"*
4. Name the Pattern: *"I notice I'm getting stuck in needing to feel completely understood. I think this is connected to my deeper fear of not being good enough. This isn't about you. I'm sorry."*
5. Acknowledge the Partner's Effort. Even if it's not perfect, saying, *"Thank you for trying — I know this is hard for both of us."*
6. Get support the learn how to heal old wounds.

By understanding these dynamics and taking steps to address them, both partners can feel more seen and appreciated, leading to healthier and more fulfilling relationships.