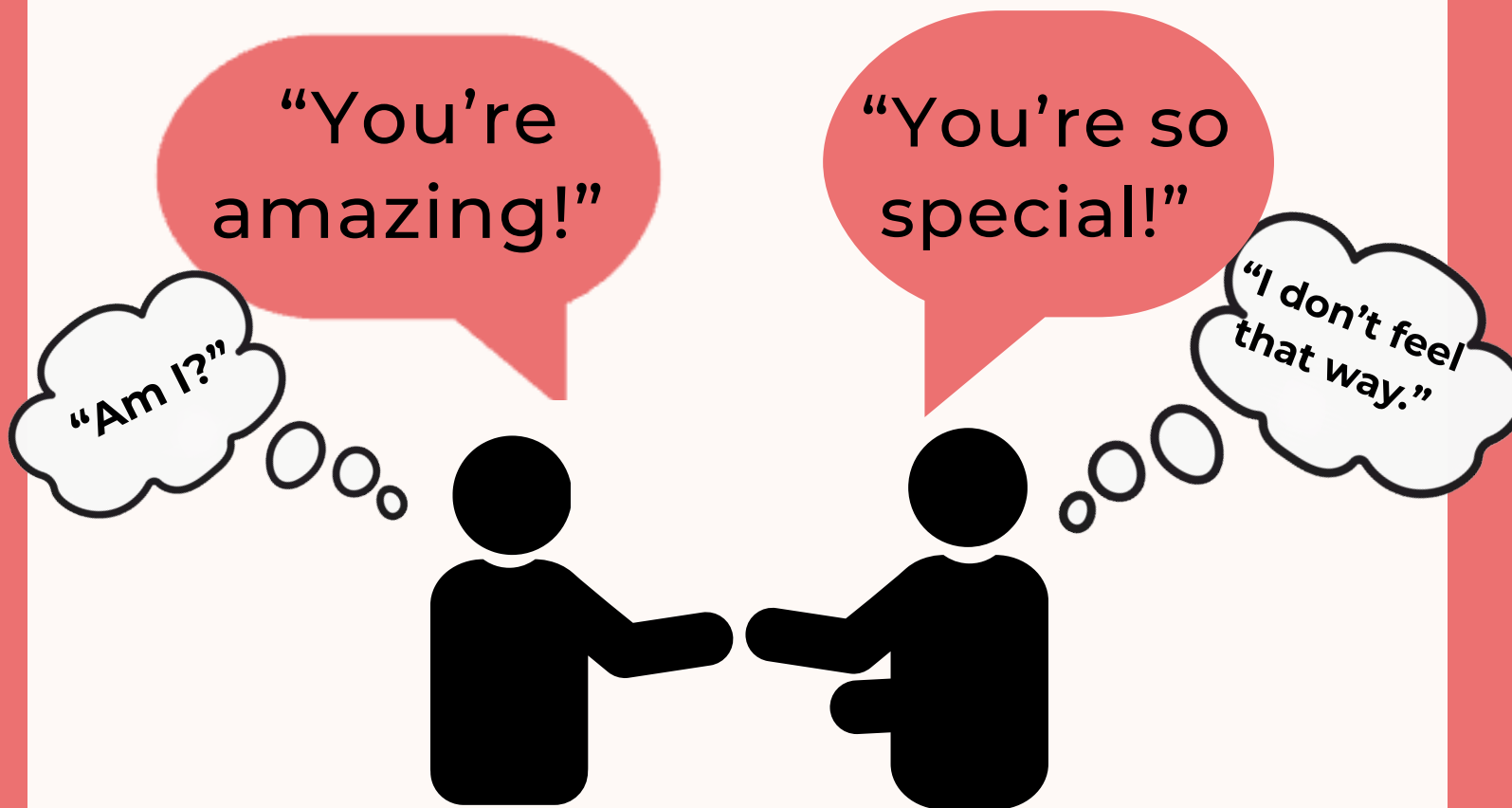


Can you be loved into healing?

305
PSYCHOTHERAPY
GROUP
305THERAPY.COM



A WAY 'I' M NOT
GOOD ENOUGH '
CAN CREATE
RELATIONSHIP
CONFLICT



What's Happening?

Sometimes two people find each other and feel an instant, powerful connection — not just because of chemistry, but because they recognize something in one another:

“You know what it’s like to feel not good enough, too.”

Each partner sees the other’s pain.

They also see the **potential** — the goodness, the value, the beauty the other person can’t quite see in themselves.



The Cycle

And so, they try to **love them into healing**.



“If I can show you how lovable you are, maybe you’ll believe it.”



“If you can love me fully, maybe I’ll finally feel like I’m enough.”



The Conflict

By doing this, we have **externalized** the responsibility for loving ourselves and placed it into the relationship. We learn to gauge our value and worth by how much we are loved and in a way that feels good for us.

This pattern reinforces that love for self is externally created, and the responsibility becomes our partner’s because we have reinforced that we can’t do it for ourselves.

But here's the truth:

💔 This dynamic isn't healing — it's a **trauma bond** wrapped in love.

Both people are trying to repair their own worth through the other.

They love hard, give deeply, overextend — and **still, the wound remains.**

The relationship deteriorates because we believe our love goes unseen or has no impact. We build contempt and resentment that **our love isn't good enough.** We experience it as a rejection because we can't be loved into healing, or love our partner into healing.

🔧 How to Begin to Shift the Pattern

We have to do the work ourselves.

We have to rebuild our value system from within, not from how well we're loved, how much we're needed, or how closely we meet someone else's expectations.

The most healing relationships are built not on trying to fix each other, but on two people who've learned to love themselves, choosing to love each other, too.

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.