



# Unlocking the Impasses to Deeper Connection

A Guided Journey Through Six Poems on  
Love, Growth, and Understanding

# Every Challenge is a Doorway



Love is an ever-evolving proposition. Along the way, we encounter ‘impasses’—moments where we feel stuck, waiting for something to change in ourselves or others. These are not dead ends. They are invitations to look deeper. deeper. This journey explores six common impasses through the lens of poetry, revealing the mindset shifts required to move forward with grace and intention.

Each section will present a poem, explore the impasse it reveals, and offer the key to unlocking it.

# Say It

I lie in wait for life to be great.  
For at the tips of your lips, it has been sealed the blessings I need for  
life to be great.

Oh, what will it take? When will it be that planets align, all boxes are  
ticked, unspoken rules fulfilled for life to be great?

My waiting should cease as I am released from the spell of your  
peace.

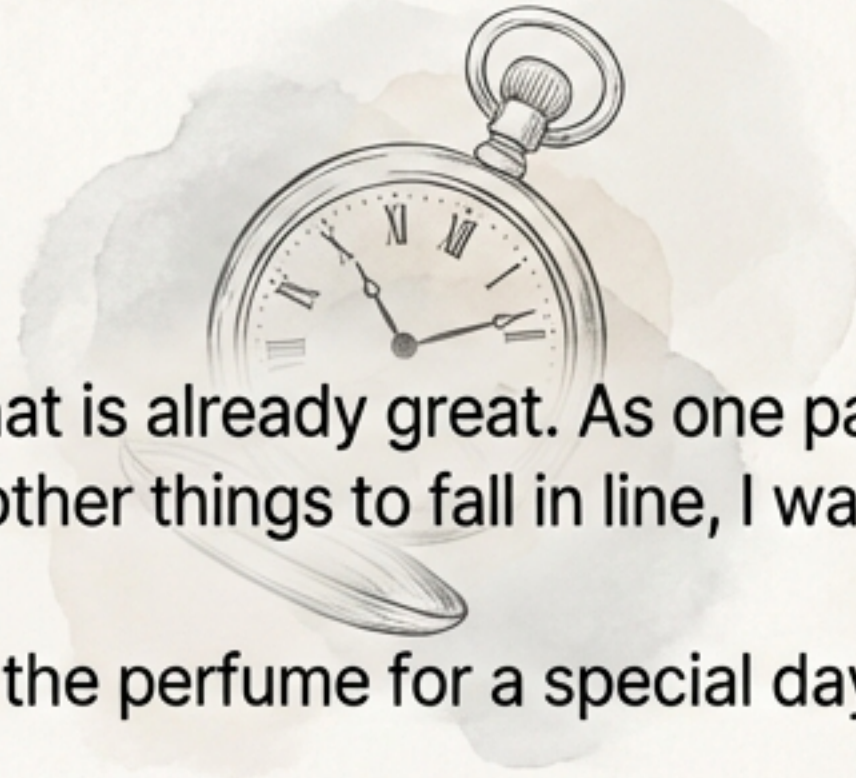
# Impasse 1: The Wait for Perfection

## The Impasse: Living Life in Suspense

- A state of waiting for external conditions to be met before allowing oneself to feel happy, worthy, or complete (“when planets align, all boxes are ticked”).
- This often involves seeking unspoken approval from others, placing our sense of peace in their hands.
- Key insight from discussion: “This is waiting for someone else to affirm us... I will enjoy this... when these conditions are met.”

## The Key: Living in the Now

- Shift from waiting to appreciating what is already great. As one participant noted, “Life was already great but because I was waiting for these other things to fall in line, I wasn’t enjoying the life that was great that I was in.”
- Give yourself permission. Don’t save the perfume for a special day; “the joy of the work is the work itself.”



*Where in your life are you waiting for conditions to be perfect?*

# Common

Common as in shared understanding,  
common as to cross many divides,  
common as to be unspoken,  
common but not enough to be common practice.

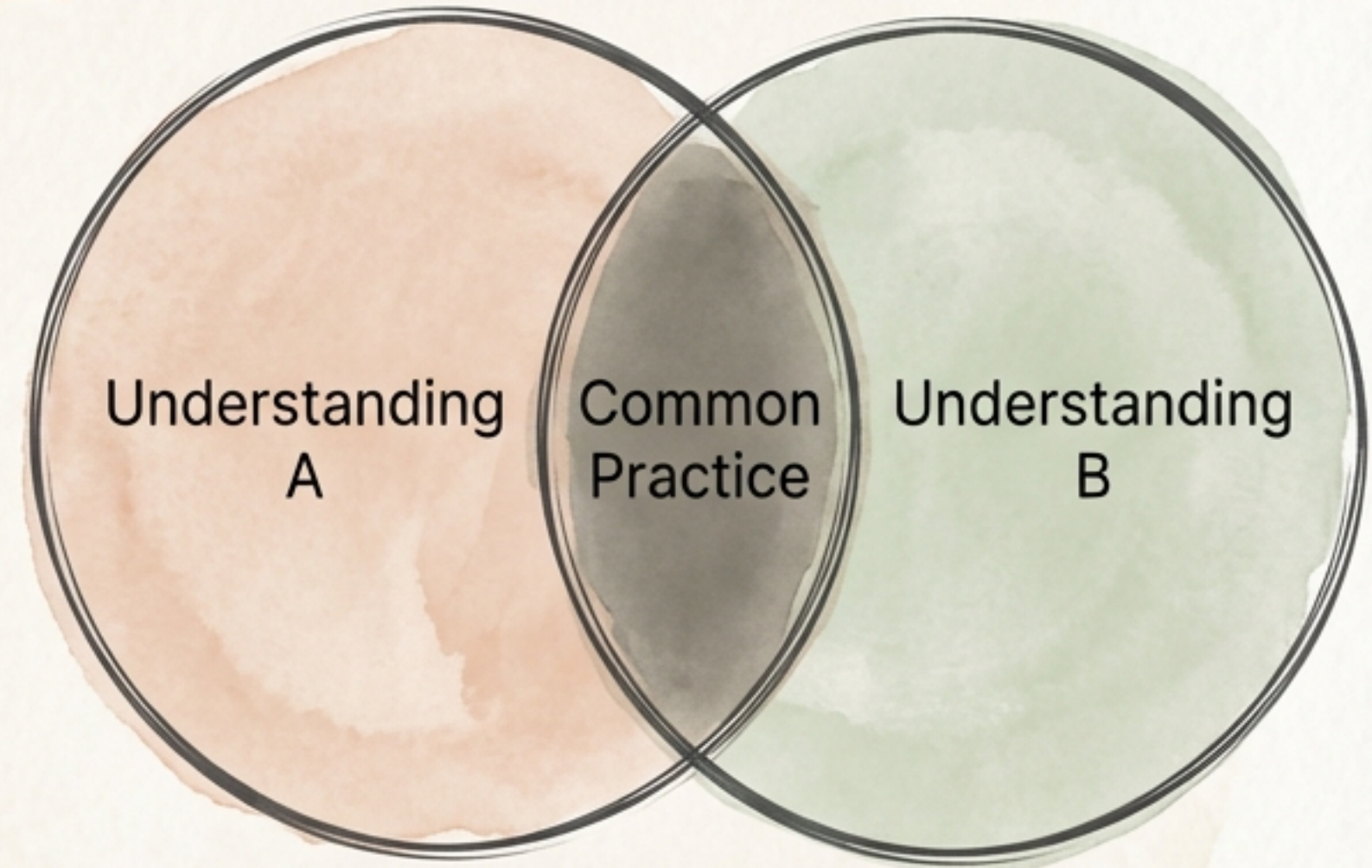
# Impasse 2: The Myth of Assumed Understanding

## The Impasse: “Common Sense” is Not Common Practice

- We assume a shared definition of concepts like love, respect, or support, believing them to be “common.”
- The core issue arises when these unspoken understandings are not translated into action, or “common practice,” because each person has “coded love in their own way.”
- This is the gap between what we think everyone knows and what people actually do.

## The Key: Check Your Assumptions

- Move from assumption to explicit conversation. It’s crucial to “check in with each other to go, ‘This is what I’m thinking... is that how you see it?’”
- The goal is to align your understanding so the “out working of that love is actually something that meets both needs.”



*What “common” understanding in your relationship might be worth revisiting?*

# The Place

I went there and waited.

It was the place you told me, the place you felt you should be.

There was nothing we could do,  
till I found you at this place.

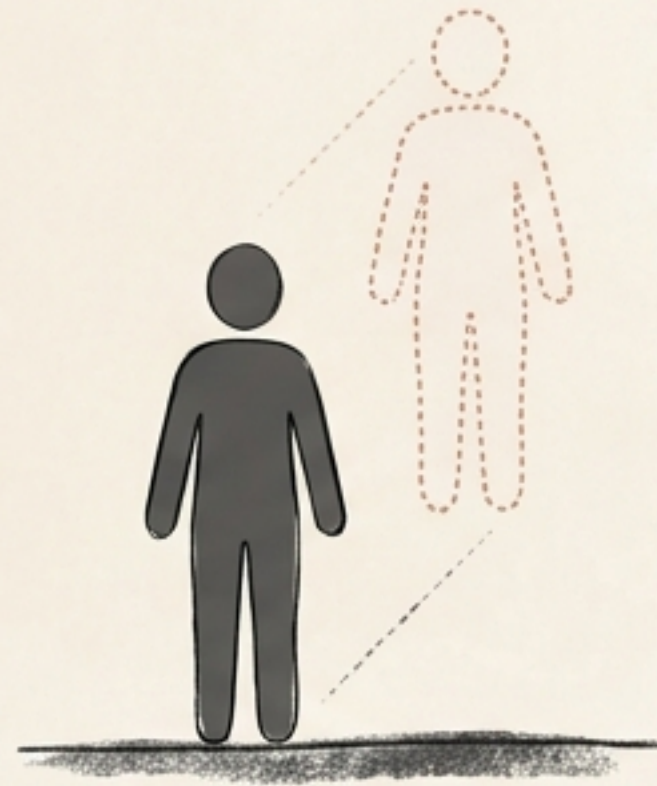
The one you are right now.

The only place and time things can get done.

# Impasse 3: The Disconnect of Expectation

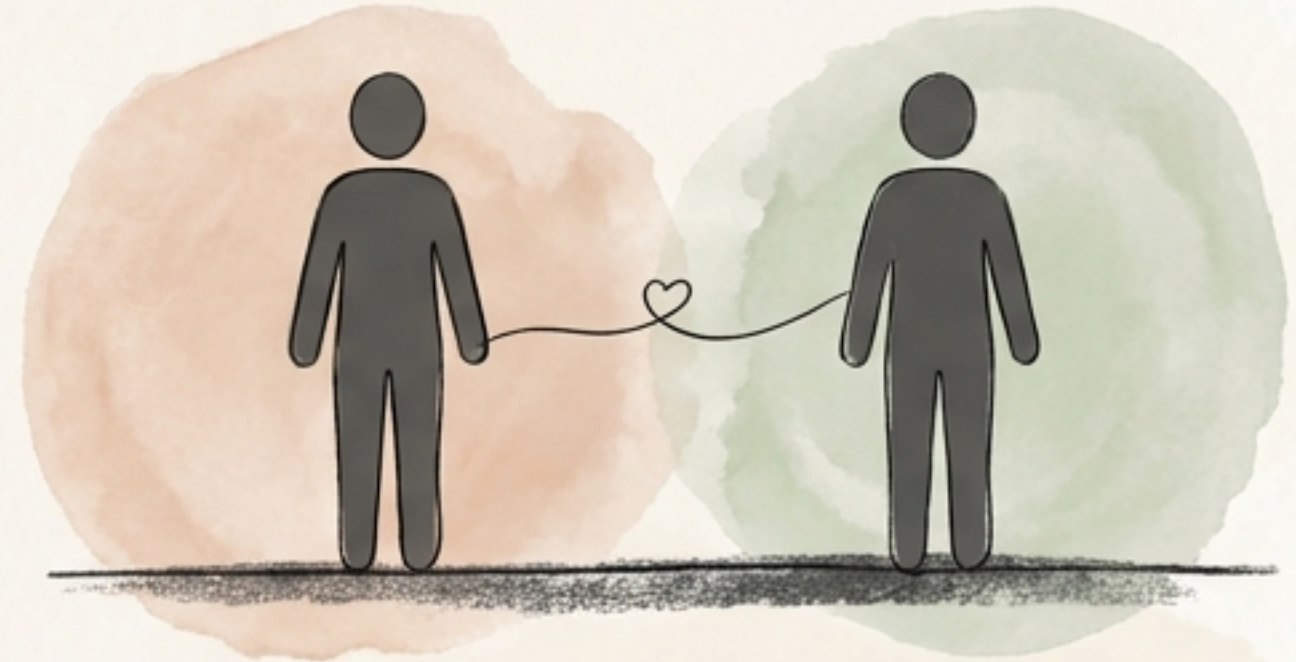
## The Impasse: Meeting Them Where They “Should Be”

- Progress stalls when we try to connect with the person we want them to be, or where we assume they are on their journey.
- This creates a dynamic where one person might feel unheard, while the other feels frustrated that their efforts aren't landing.
- Insight from discussion: “I can't try and meet you where I think you should be. I need to be real about where you are, and I need to meet you there.”



## The Key: Acceptance of the Present

- Real connection and growth can only happen when we start from “the one you are right now.”
- This means accepting where someone is on their journey without judgment. As a participant shared: “Until you match them where they're at, you can't move them forward.”



*Are you meeting someone where they are, or where you expect them to be?*



**Open**

**Open arms,  
open heart,  
open mind,  
opentunity for growth.**

# The Master Key: Growth Through Vulnerability

Openness is the prerequisite for growth. It is the conscious choice to lower our defenses.

**Be Vulnerable:** This means 'expressing yourself without feeling guilty,' "living your own truth,' and being willing to show who you really are.

**Drop Your Armor:** A participant referenced Brené Brown's concept of shedding the protective layers we build from past hurts. This requires moving from a fixed to a growth mindset.

**Create Safety:** We often remain closed because our mind's priority is safety, not happiness. Growth requires asking: "What in this dynamic is shutting me down?" and having an open conversation about what is needed to feel safe enough to be open.

I know that whenever I've had the narrative that the other person needs to change for things to change, things rarely do change. When I take responsibility for... how I can show up differently... things evolve.

# Willing Steps

Dreamy intentions, mounting desires.  
No one ever arrived from where they never left.

Honorable intentions, touching many lives,  
nigh impossible, never having connected.

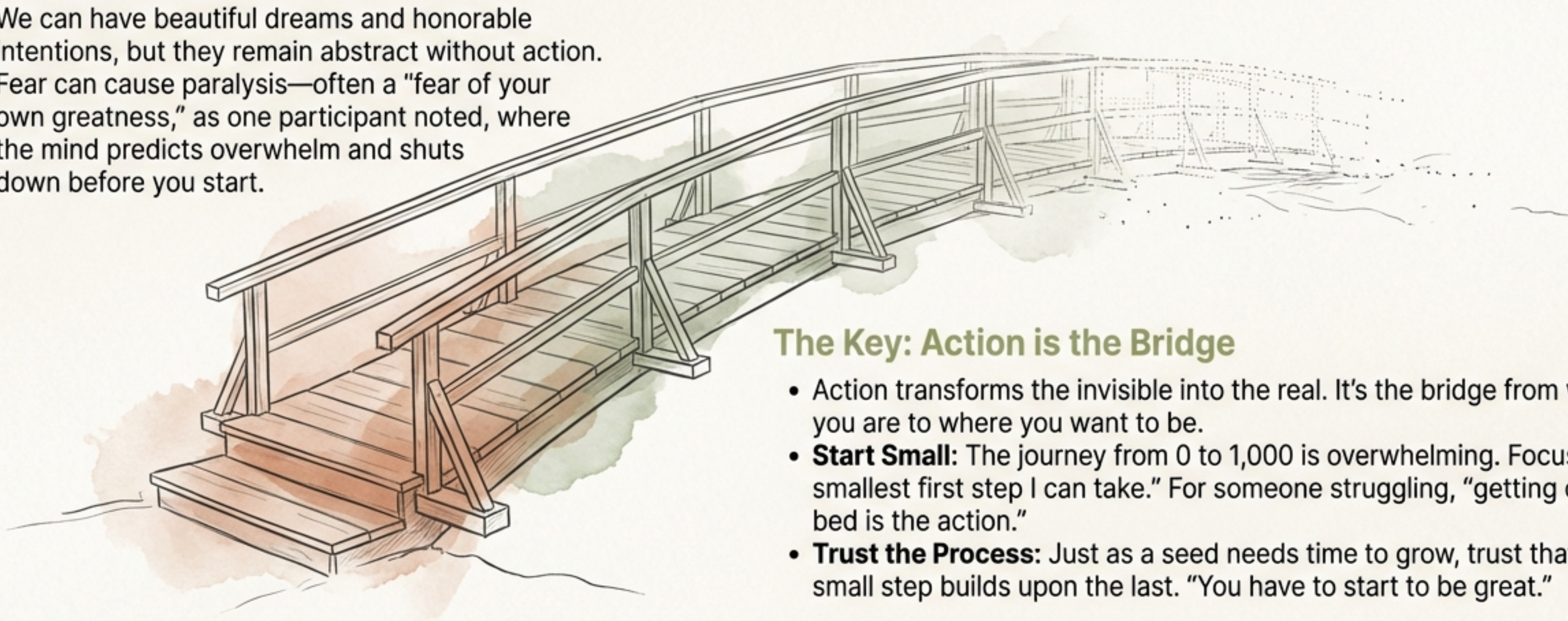
Laudable ambitions, all worth the mention,  
uncomfortable as may be, starts with the first step.

Thoughts are great, words are good, add in some action,  
the invisible becomes reality.  
Indeed, the bridge to manifested dreams.

# Impasse 4: The Paralysis of Inaction

## The Impasse: Stranded in Intention

- We can have beautiful dreams and honorable intentions, but they remain abstract without action.
- Fear can cause paralysis—often a “fear of your own greatness,” as one participant noted, where the mind predicts overwhelm and shuts down before you start.



## The Key: Action is the Bridge

- Action transforms the invisible into the real. It's the bridge from where you are to where you want to be.
- **Start Small:** The journey from 0 to 1,000 is overwhelming. Focus on “the smallest first step I can take.” For someone struggling, “getting out of bed is the action.”
- **Trust the Process:** Just as a seed needs time to grow, trust that each small step builds upon the last. “You have to start to be great.”

*What is one small, willing step you can take today?*

# Life in Flux

Life is neither here nor there.  
As in being no longer this, here,  
but not quite over that, there.

Making peace with what is.  
Perchance that's what progress is.

# Finding Peace in the Process

Progress is not a destination; it's the space between where you were and where you're going. We are all perpetually "in flux."

Too often, our mind "looks in the prediction to the future, takes you out of the present," and judges our current state as "not enough."

## The Key: Make Peace with What Is

Recognize that you are no longer where you used to be. That, by definition, is progress.

This requires three practices mentioned in the discussion:



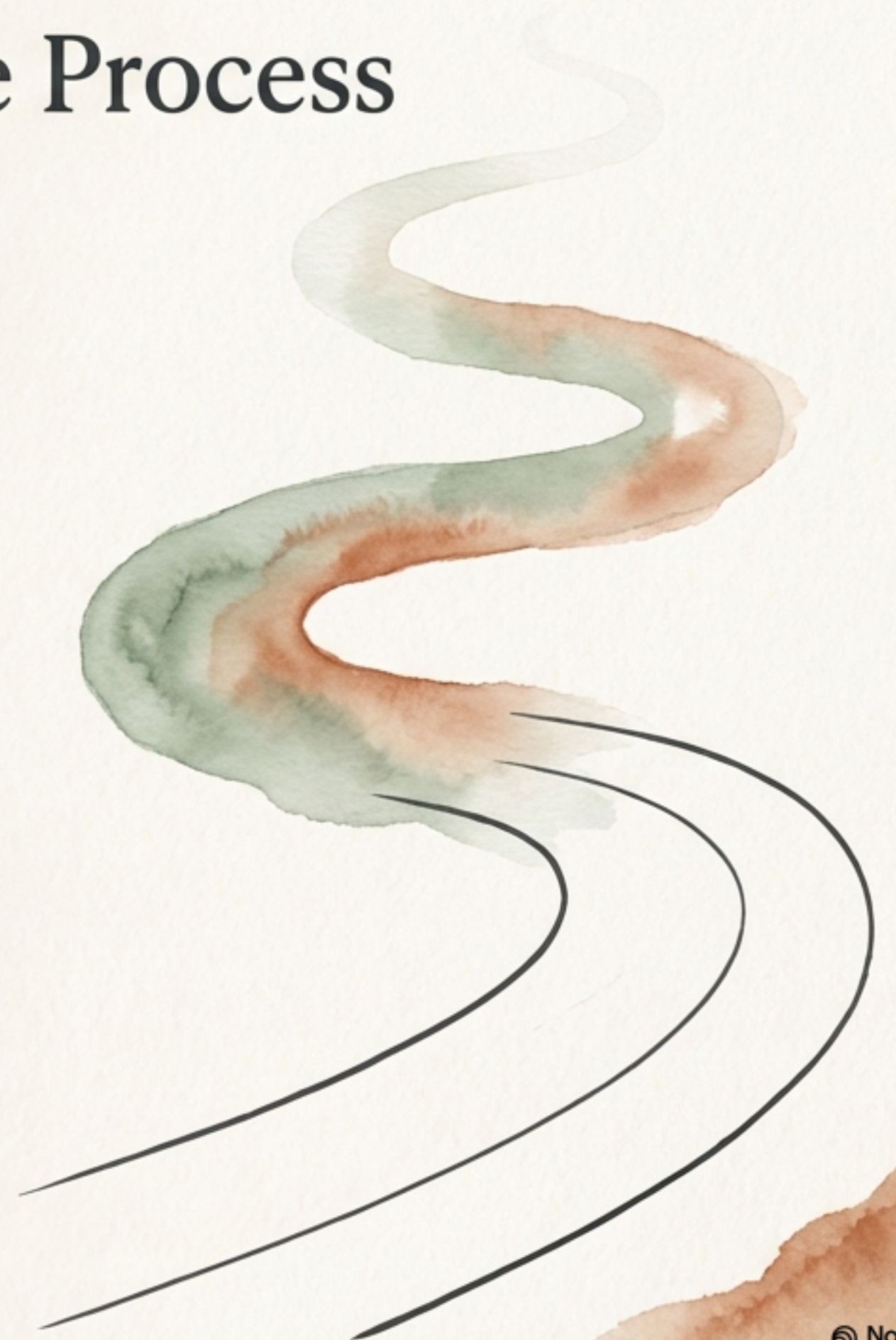
**Patience:** Accepting that growth is often slow.

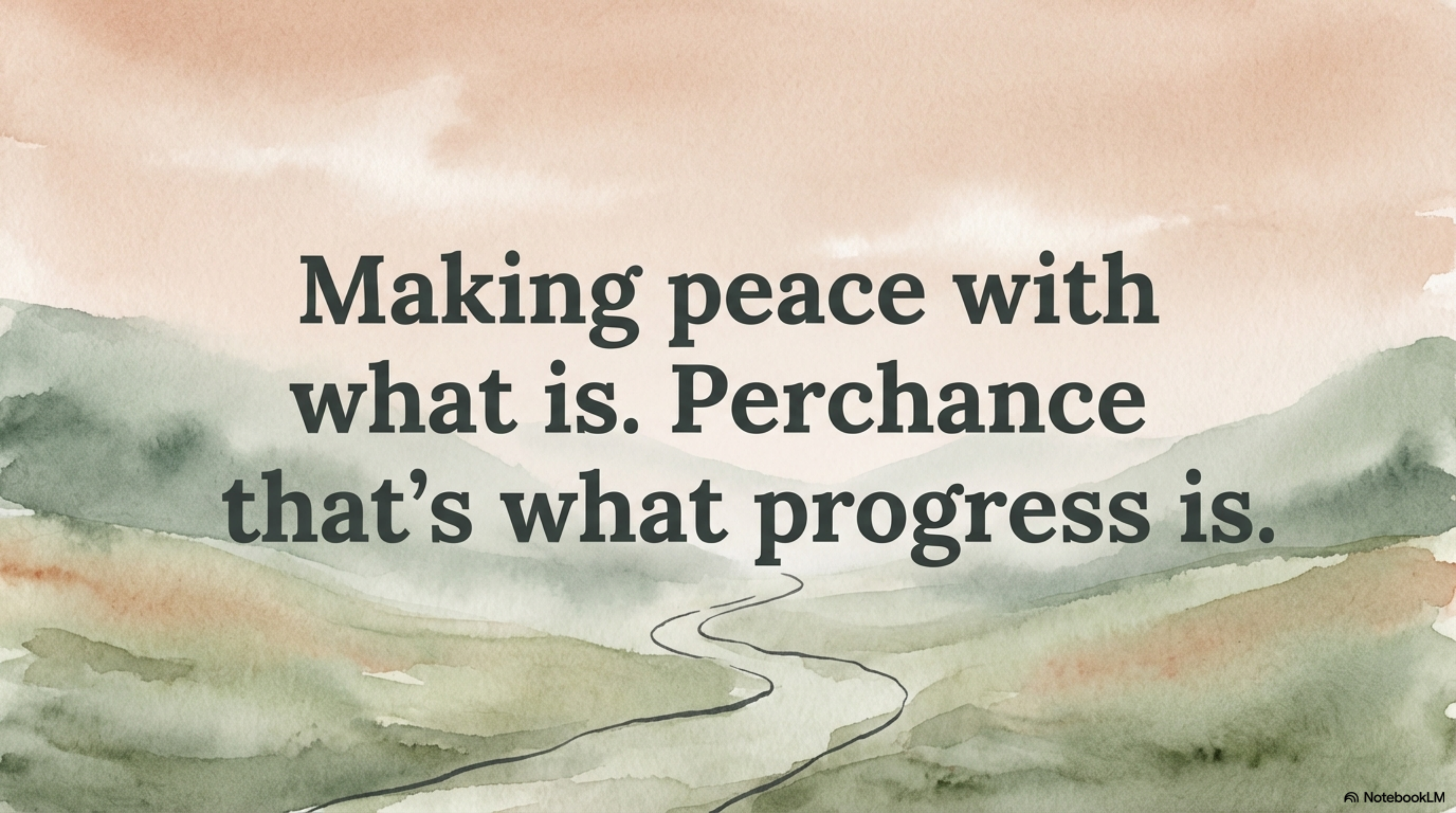


**Pausing:** Taking time to appreciate the journey so far.



**Presence:** Bringing yourself back to the now.



A watercolor-style illustration of a landscape. The background is a mix of soft, muted colors: light beige and peach for the sky, and various shades of green and brown for the rolling hills and a winding river. The river is depicted with a simple black line that meanders through the valley. The overall style is artistic and serene.

**Making peace with  
what is. Perchance  
that's what progress is.**