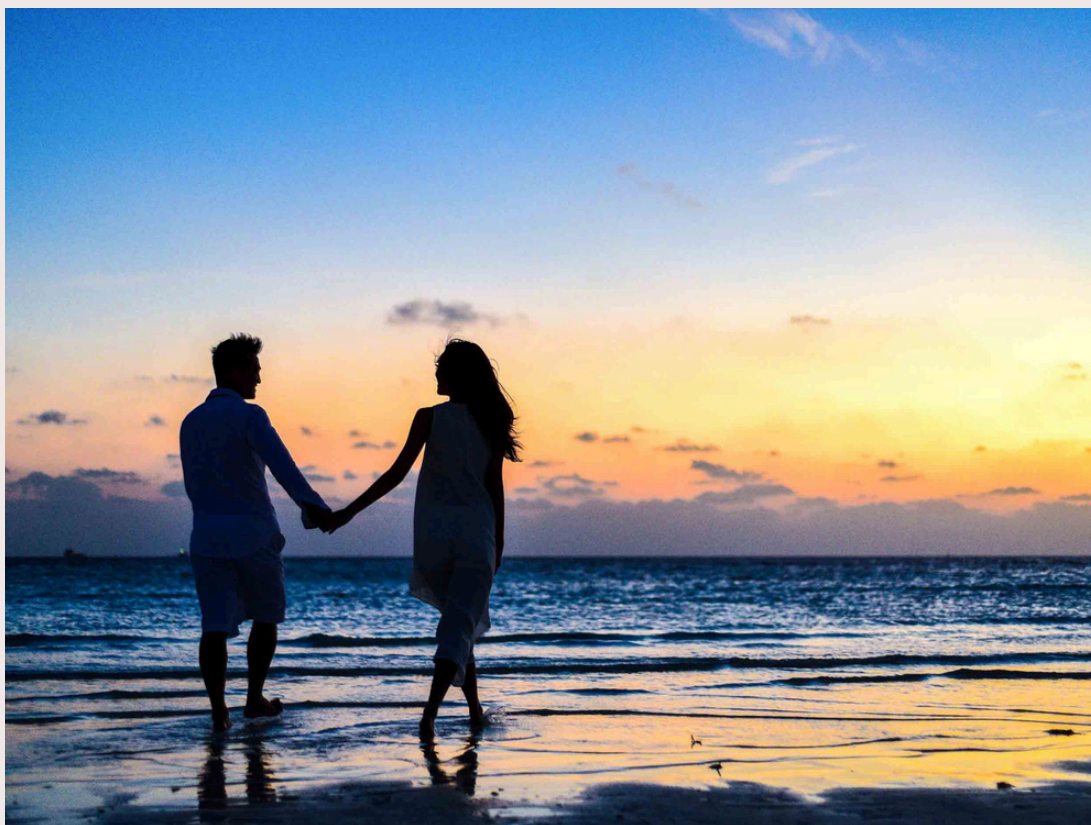


3 Common Relationship Myths Keeping You Stuck - And How to Break Free

**No more overthinking—discover the truth about
your relationship and what to do next.**



Amanda James



Most of what we've been told about love and relationships is wrong.

Introduction

If you've ever found yourself thinking, "Why does this relationship feel so hard?" or "Should I stay and try harder, or is it time to walk away?"—you're not alone.

So many women feel stuck in their relationships, torn between wanting things to improve and feeling exhausted by the effort it takes. And if you've tried everything—communicating more, setting boundaries, even giving your partner space—but nothing seems to change, it's easy to feel hopeless.

But what if the real reason you're stuck isn't because of your partner or even your relationship?

What if it's because of a few hidden relationship myths—misunderstandings we've all been taught about love and connection—that quietly shape the way we see our problems?

This guide will introduce you to three of the biggest relationship myths that keep people feeling lost, frustrated, and disconnected. More importantly, I'll share a fresh perspective—one that can bring clarity, ease, and even hope, no matter what your situation looks like right now.

Because real change doesn't start with fixing your relationship. It starts with understanding it differently.

Let's get started...

Myth #1: "We Have a Communication Problem"

Why Communication Isn't the Real Issue (And What Actually Is)

If you've ever thought, "We just don't communicate well" or "If we could talk things through properly, everything would be fine," you're not alone.

It's one of the most common beliefs about relationships—that better communication is the key to fixing disconnection, resolving conflicts, and making things feel good again.

But here's the surprising truth:

Communication isn't the real problem.

The Illusion of a "Communication Problem"

Think about this: Have you ever had a great conversation with your partner—one where you both felt understood—and then, a few days later, found yourselves right back in the same frustrating cycle?

Or maybe you've spent hours explaining how you feel, hoping your partner will finally get it, only to feel like you're speaking different languages.

It's easy to assume that if you're struggling to connect, there must be a **communication issue**—that if you could just express yourself more clearly or your partner could learn to listen better, things would improve.

But communication is only a **reflection of something deeper**.

What actually determines how we talk, listen, and connect isn't our communication skills—**it's our state of mind in the moment**.

What's Really Causing Disconnection

Imagine this scenario:

- You've had a stressful day, and your partner makes an offhand comment about something small—maybe the dishes, your plans for the weekend, or the way you handled something.
- In that moment, their words feel sharp. You feel irritated, defensive, or hurt. You snap back or shut down.

They respond in kind, and before you know it, you're caught in another frustrating exchange.

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Now, rewind that same scenario—but this time, imagine you're in a **clear, calm state of mind**. Maybe you just had a relaxing afternoon, or you're feeling particularly light-hearted. Your partner makes the same offhand comment.

- This time, you don't take it personally.
- It just sounds like words, not an attack.
- You laugh it off or respond with ease, and the moment passes without conflict.

Same words. Same conversation. Completely different outcome.

This is proof that it's not just what we say or how we say it—**it's the state of mind we're in when we hear it.**

When we're feeling stressed, overwhelmed, or insecure, we hear things differently. We get defensive, we assume the worst, and conversations spiral.

But when we're feeling clear, we naturally communicate with more ease, patience, and understanding—without needing to force it.

The Shift: From Communication to Understanding

If communication struggles aren't really about words, what's the solution?

The key is **understanding your own state of mind**—and recognising that your partner has their own, too.

Instead of trying to perfect the "right way to communicate," **start noticing**:

- **How am I feeling right now?** Am I speaking from a place of clarity or frustration?
- **How is my partner feeling?** Are they caught up in something that has nothing to do with me?
- **Would this conversation go differently if we were both in a better state of mind?**

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Why Communication Isn't the Real Issue (And What Actually Is)

When you shift your focus from fixing communication to **understanding your state of mind**, things get easier.

- You stop taking things so personally.
- You feel less pressure to make your partner understand you.
- You naturally find better moments to talk—ones where clarity and connection feels more comfortable.

And the best part? **When your mind is clear, the "communication problem" often disappears on its own.**

Final Thought

Next time you're caught in a frustrating conversation, pause for a moment. Instead of asking, "How do I fix this communication problem?", ask yourself:

"What state of mind am I in right now?"

That one simple shift can change everything.

Reflection Exercise: Seeing Communication Differently

Take a few minutes to reflect on these questions. You might want to write down your answers or simply think about them. The goal isn't to "solve" anything—just to notice something new.

Step 1: Identify a Recent Conflict

Think of a recent disagreement or moment of tension with your partner. It doesn't have to be a big argument—just a time when communication felt frustrating.

- What was the conversation about?
- How were you feeling before the conversation started? (Stressed, tired, frustrated, calm?)

How do you think **your state of mind** influenced the way you spoke or reacted?

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Step 2: Look at It from a New Perspective

Now, imagine you could rewind that same conversation—but this time, you're both in a **clear, relaxed, and open state of mind**.

- How might the conversation have gone differently?
- Would the same words have felt less triggering?
- What do you see now that you didn't see in the moment?

Step 3: A Simple Experiment

For the next few days, try this simple shift:

- **Before** bringing up an issue or responding to your partner, check in with yourself. Ask: Am I in a clear state of mind?
- If not, see what happens when you wait for a better moment—one where things feel lighter and more natural.
- Notice if the conversation flows differently when it's coming from a place of clarity instead of frustration.

Remember, **communication isn't something we need to force**. When we understand where our experience is really coming from, ease and connection follow naturally.

Myth #2: "If They Really Loved Me, They Would Change"

Why Expecting Change Creates More Distance (And What Brings You Closer Instead)

It's a belief so many of us hold, often without realising it:

"If my partner really loved me, they would listen more, be more affectionate, handle things differently, or just understand what I need."

And when they don't, it can feel frustrating, hurtful, even lonely—like they must not care enough to change.

But what if the problem isn't your partner's behaviour?

What if the real issue is the **invisible expectation that love should look the same to both of you?**

Because here's something we don't often consider:

No one sees the world in the same way you do.

The Reality Gap: No Two Lenses Are the Same

Each of us moves through life wearing an **invisible lens**—a filter shaped by our past experiences, beliefs, upbringing, and unique way of seeing the world.

This means that:

- The way you interpret a situation is different from how your partner does.
- What feels like love to you might not be how they naturally express it.
- What seems obvious to you may not even cross their mind.

And here's the thing: **Neither of you are wrong.**

You're just living in two different realities—ones that feel completely true to each of you.

How This Creates Conflict Without Us Realising It

Imagine you've had a tough day, and what you need most is for your partner to sit down, listen, and offer emotional support.

But instead, they offer **solutions**—or worse, they don't seem to notice you're upset at all. To you, this might feel dismissive or like they don't care.

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But from their reality—**their lens**—maybe they believe that showing love means **helping fix the problem** rather than simply listening.

Or maybe their own way of coping with stress is to **withdraw**, not realising that their silence feels like distance to you.

When we assume that our reality is the same as theirs, we take things personally.

But when we recognise that they're acting from **their own lens**, not ours, it changes everything.

Why Trying to Make Someone Change Backfires

If you've ever tried to get your **partner to be different**, you know how exhausting it is.

- Asking them to be more affectionate when it doesn't come naturally
- Trying to get them to communicate like you do
- Wishing they would just "get it" without you having to explain

It can feel like if they would just change, things would be easier.

But here's the truth: The more we try to change someone, the more they resist.

Not because they don't love us, but because:

1. **They don't see the world the way we do.**
2. **Love isn't about becoming someone else—it's about being seen for who we are.**

Real connection doesn't come from getting someone to change.

It comes from understanding the different realities you're both living in. And being **curious about it**.

The Shift: From Expecting Change to Seeing Differently

So, if trying to change your partner doesn't work, what does?

The answer **isn't in fixing them**, but in seeing them more clearly—**through their lens**, not just yours. Next time you feel frustrated, ask yourself:

- What am I assuming they should know or **understand**?
- Could it be that they see this situation completely differently?
- What if their way of expressing love is different, but not wrong?

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This doesn't mean you can't express your needs. But instead of expecting change, you start from understanding—which naturally creates more connection.

And when someone feels understood, they often do show up differently—without force, guilt, or pressure.

Final Thought

Love isn't about two people becoming the same.

It's about learning to see and appreciate each other's world—even when their lens is different from yours.

Reflection Exercise: Seeing Through a New Lens

Take some time to reflect on these questions. You may want to write down your thoughts or just sit with them.

Step 1: Identify a Situation

Think of a time when you felt frustrated with your partner—when you wished they would have done something differently.

- What did you want them to do or understand?
- How did you interpret their behaviour?

Step 2: Step Into Their Lens

Now, imagine seeing this situation from their perspective:

- What might they have been thinking or feeling in that moment?
- Could they have seen the situation completely differently than you did?
- What might have been their version of showing love or care?

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Step 3: A Small Shift

For the next few days, try this experiment:

When frustration arises, pause and ask yourself: **What lens am I seeing this through?**

Remind yourself that your partner has their own reality, one that is just as real to them as yours is to you. See what happens when you let go of expecting them to be different and instead try **understanding their lens**.

Sometimes, the deepest change doesn't come from making someone act differently—**it comes from understanding and seeing them in a new way.**

Myth #3: "I Can't Make a Decision Until I'm 100% Sure"

Why Overthinking Won't Give You Clarity—And What Will

When you're struggling in your relationship, it's easy to believe that if you just **think hard enough, analyse enough, or replay enough conversations in your head**, you'll eventually find the answer.

You tell yourself:

"I just need to figure this out."

"If I could just understand what's wrong, I'd know what to do."

"Maybe if I go over this one more time, it'll all make sense."

But here's the **frustrating truth**—the more you try to "figure it out" by overanalysing, the more stuck you feel.

Because clarity doesn't come from thinking harder. It comes from seeing differently.

Why Overthinking Feels Useful (But Keeps You Stuck)

When we're unsure about our relationship, our minds go into problem-solving mode.

"Maybe if I look at it from every angle, I'll know whether to stay or go."

"If I analyse my partner's behaviour enough, I'll understand what it means."

"If I replay that argument in my head, I'll figure out what I should've said."

It feels like thinking more will lead to answers.

But instead, it often leads to **exhaustion, confusion, and emotional paralysis.**

Because relationships **aren't logic problems.** They are lived, felt experiences.

The Illusion of the "Perfect Answer"

A big reason we overthink is that we believe there's a perfect answer out there—one that will remove all uncertainty.

"I need to be 100% sure before I make a decision."

"If I figure this out correctly, I won't have regrets."

"I just need to know I'm doing the 'right' thing."

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Why Overthinking Won't Give You Clarity—And What Will

But here's the reality: There is no perfect answer.

There is only what feels right in this moment, with the understanding you have right now. Waiting for absolute certainty often just means staying stuck.

Clarity Comes from Seeing, Not Thinking

Think about the last time you had a moment of **real clarity**—the kind that felt calm, obvious, and undeniable.

Chances are, it didn't come from forcing yourself to think harder.

It probably came when you were:

- ✓ **In a different state of mind (not stressed or anxious).**
- ✓ **Not actively trying to figure it out—the answer just appeared.**
- ✓ **Connected to your deeper self rather than stuck in loops of logic.**

This is because clarity doesn't come from mental effort. It comes when our mind settles and we see things **more clearly**.

Just like muddy water clears when left undisturbed, your mind finds clarity when you stop trying to force it.

What to Do Instead of Overthinking

If thinking harder isn't the answer, what is?

1. Step Back from the Mental Noise

Instead of gripping the problem tighter, let go for a moment.

- Shift your attention to something else.
- Do something that relaxes or grounds you.
- Remind yourself that clarity comes when the mind is settled.

2. Trust That You'll Know When You Know

You don't need to force the answer.

When the time is right, and your mind is quiet, the next step will become clear.

Myth #3: "I Can't Make a Decision Until I'm 100% Sure"

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3. Pay Attention to Your Inner Experience

Instead of obsessing over what to do, ask:

- How do I feel when I'm with this person?
- Do I feel more like myself in this relationship—or less?
- When my mind is quiet, what do I already know deep down?

Clarity isn't something you figure out.

It's something that reveals itself when you stop searching so hard for it.

Reflection Exercise: Letting Clarity Find You

This exercise will help you step out of overthinking mode and into a place where clarity naturally emerges.

Step 1: Notice Your Mental Loop

Think about a relationship question you've been **going in circles** over.

- What's the thought that keeps repeating in your mind?
- How long have you been trying to "figure it out"?
- Has all that thinking actually brought you closer to an answer?

Write this down or just reflect on it.

Step 2: Step Away from the Problem

For the next 24 hours, experiment with this:

1. Let go of trying to figure it out.
2. Do something completely different—a walk, a hobby, an experience that shifts your energy.
3. Pay attention to what happens when your mind quiets.

Step 3: Listen to What's Already There

When your mind is settled (even for a moment), ask yourself:

"If I already knew the answer, what would it be?"

Trust that the deepest part of you already knows—you just need to stop searching long enough to hear it.

What to Do Next

Bringing It All Together & Moving Forward

By now, you've seen how some of the biggest myths about relationships can keep you stuck, second-guessing, and searching for answers in all the wrong places.

Let's take a moment to **summarise the key insights** before we talk about what to do next.

Key Insights from This Guide

1. Love isn't about finding the perfect relationship—it's about understanding how relationships actually work.

Most of the struggles we face in love aren't because we're with the "wrong person."

They come from **misunderstanding human relationships, emotions, and ourselves.**

2. No two people see the world the same way.

Your partner doesn't experience life through your lens.

- Your thoughts, emotions, and reactions are shaped by your past.
- Their **thoughts, emotions, and reactions** are shaped by theirs.
- When we recognise this, we stop taking things so personally and start seeing each other more clearly.

3. Overthinking doesn't bring clarity—quieting the mind does.

- You won't **"figure out"** your relationship by analysing it endlessly.
- Real clarity comes when your **mind settles**, not when you try to force an answer.
- The answer is already **inside you**—you just need to stop looking so hard for it.

What to Do Next

Bringing It All Together & Moving Forward

What to Do Next

1. Stop searching for the perfect answer—start noticing how you feel.

Instead of trying to "figure it out," shift your focus to what you already know deep down.

Ask yourself:

- Do I feel more like myself in this relationship—or less?
- When my **mind is quiet**, what truth is already there?
- If I stopped trying to control the outcome, **what would I naturally do next?**

2. Give yourself space for clarity to emerge.

- Step away from the mental noise.
- Engage in activities that bring you **calm and presence**.
- Pay attention to the insights that surface when you're not searching for them.

3. Remember: You don't have to do this alone.

If you're feeling stuck, lost, or emotionally drained, you don't have to navigate this alone.

Sometimes, having someone to guide you, to help you see what's really going on makes all the difference.

That's exactly what I help my clients with—gaining clarity, reconnecting with themselves, and making confident decisions about their relationships.

If you're ready for real clarity and lasting change, I invite you to take the next step.

✦ [Book a Free 30-Minute Clarity Call](#)

No pressure, no obligation—just a space to explore what's really going on in your relationship and what's possible for you.

✦ [Book a call](#)

You don't have to figure this out alone.
Clarity is closer than you think.

What to Do Next

Bringing It All Together & Moving Forward

About the author

Hi, I'm Amanda James - a Certified Relationship and Life Coach.

Over the past 5 years I've had the privilege of helping hundreds of women just like you find the clarity they need to make one of the most important decisions of their lives: whether to stay and repair their relationship or leave with peace and confidence.

But I'm not just a coach—I've been where you are.

I know the confusion, fear, and emotional weight of being stuck in indecision because I've lived it myself.

My own personal journey led me to discover the powerful insights and tools I now teach and share with others. I used them to make my decision, and I know with absolute certainty that they can work for you too.

If I could find the way forward, so can you.

You can contact me on [**amanda@amandajcoaching.com**](mailto:amanda@amandajcoaching.com)

Here is the link again if you want some expert help.

👉 **Book a call**

With Love
Amanda

