

# 5 TIPS to Unstick that Stuck Relationship

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## #1 – Breathe

The moment I accept things as they are,  
they can no longer remain the same.

[Paradoxical Theory of Change](#)

I know this seems simple, or maybe too simple, but often when we are feeling stuck, we are feeling frozen. Step back from the situation and take five long belly breaths. You may think you understand all of what is happening in a connection with a friend, colleague, or family member, but since we are human, it's not that easy to understand everything about everyone. I have a motto for myself. "When I think I know, I'm farthest from the truth." We always know part of the puzzle, and what's more likely is that you haven't given this very much heartfelt contemplation. Belly breaths (I use 4in/5hold/8out breaths to get myself back into calm mind) can bring you out of your head where you are trying to "figure it out!" And into your heart, where you are more likely to want to figure something or some lesson into your awareness. Even our enemies are our teachers. How is this person teaching you about yourself?

## #2 – Tell a Story

Imagine yourself after whatever is going on is resolved. Imagine talking about it with the person you are feeling stuck around. "Remember the time when..." you might say. See what you can understand after you imagine feeling better about each other. What have you learned in the future that could be useful now.



We cannot solve our problems with the same thinking we used when we created them.

[Albert Einstein](#)

### **#3 – Use a pen**

Write a note (versus type) to this person and don't send it. Writing something versus typing comes from a different part of our brain. Writing slows us down. See what comes out if you take some time to think about what you want to say. Even if it's just a few words, it might help to read it back to yourself and let yourself feel those feelings you probably have been avoiding.

### **#4 – Learn a NEW way**

Does it every feel like every possible option has been explored on how to figure out what you should do? Try this instead: Ask for feedback from someone who doesn't know what's going on. Talking to a friend or mentor about how you can improve in your communication might lend some important information to what is happening with your stuck connection. Just because you think you are communicating clearly doesn't mean you are. Try to not tell the friend or mentor what's happening, and instead just ask them, "Hey, how can I be a better communicator?" There are many ways to connect, collaborate, and also confuse people. See if you learn something from how they care enough to give you feedback

### **#5 – Say I'm Sorry.**

How to do this when you feel upset or frozen? Assume that it's not about you. This is the last tip, but in some ways, I would say the most important one. However, just because it's not about you (even if they are saying it is), doesn't mean you can't use the 'stuckness' to grow a better version of you. Forgiveness and apology doesn't mean you have to give up your boundaries. When I was taking crisis calls years ago, people were understandably upset if they had to wait on hold before talking to me. I had very little control around how long they had been on hold (or even sometimes transferred a few times before reaching me), sometimes people even called back after having the line disconnect and were extremely upset. Even though I knew it was not my fault (and not about me!) I would apologize for the insult they had experienced. I was taught to say "I'm sorry" and picture saying "I'm in sorrow for how this has impacted you." Because the truth was, I was there because I wanted to help and my caller having difficulties connecting with me did make me feel sorrow!

Hopefully these are ideas that have given you a new perspective on an unpleasant connection. Maybe you've thought of some alternative ways you can find flow again in your relationship. Remember that even if it feels like it will never change, we are all changing always and so it's more about finding the right time to rejoin the connection in a better way.

Share your "stuck" stories in the [comments here!](#)

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