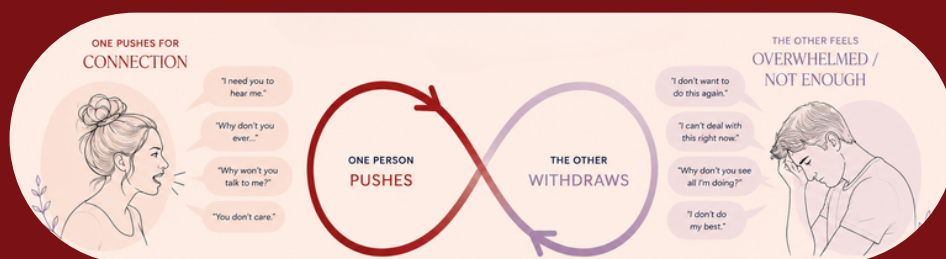




# The “Too Much / Never Enough” Loop™

A guide for intimate partners  
caught in the same loop, in the car, in the kitchen, and in bed  
& a 5-minute practice that starts interrupting it



Your first step toward  
turning tension into a turn-on



sapphire leela

Mind blowing intimacy



# Okay, confession first.

I have been the “Too Much” with partners.  
I have been the “Too Much” one with my best friend, and I still am, until today.  
I have been the “Too Much” one with my own mother.  
Too many feelings, too many needs, too much wanting to talk about it right now,  
thank you very much.

And here's the part that complicates the story:  
I've also been the 'Never Enough'.  
I've felt not wanting sex often enough.  
Not sensitive enough to a partner's need for quiet when what I actually wanted  
was to talk it all the way through, right now, please.  
So no, this isn't a clean split where you're one thing forever. I've been both.  
Sometimes in the same relationship. Sometimes in the same week.

Here is the joke the universe seems to love: **The “Too Much” ones and the “Never Enough” ones keep finding each other.** Every time.  
Like it is assigned seating.

If any of this sounds familiar: walking on eggshells, saying yes when you mean no,  
the same conflict showing up in a new outfit every few weeks...

Research found that **69% of conflicts in relationships are 'perpetual'**

You are not broken, and you are not alone in it.

**This is one of the most common loops I see in my work, and almost nobody has language for it until someone hands it to them.**

Got no time?

Skip straight to **the practice on page 6**



**Rather listen than read?**  
**There's audio for that too**



# Which one are you?

## **“Too Much”, you might recognize yourself here:**

- You say what you feel fast, sometimes before you have fully thought it through
- Silence from your partner makes your chest tighten before they have said a word
- You have been called “too intense,” “too needy,” or just “too much,” maybe by more than one person in your life
- You would rather have the hard conversation now, badly, than wait for later
- You initiate touch or sex and hear 'not now' more than you'd like, and it starts to feel personal.

## **“Never Enough”, this might be more your seat:**

- You need some time before you can even name what you are feeling or needing
- Fast, direct conversation makes you go quiet, not because you do not care, but because you are overwhelmed
- You have been called “closed off” or told you “never give enough,” and it stings more than you show
- You would rather wait until you are sure, even if that takes hours or days
- You feel your partner's wanting sex touch or intimacy, land as pressure, even when you know they don't mean it that way.

**Most people are a bit of both**, but we all have tendencies: depending on who we are, who we are with (hello! it's relational loop!), our gender, our upbringing, or even when we last ate or what kind of week it has been.

I am mostly “Too Much” with the people I love most, and weirdly a bit “Never Enough” with authority figures. Nervous systems are messy like that.

*Quick & crucial note:*

*Everything in this guide applies no matter who's on the other side of it.*

*Straight, queer, monogamous, polyamorous, two people or more.*

*So wherever you see 'partner,' read it as whoever that is for you*



# Why do we keep choosing each other?

Here is the part I keep beating myself up about: how come we haven't been taught this in school....

"Too Much" and "Never Enough" are **not two different kinds of broken people, nor a mismatch of relationships**. They are two different survival responses to the same fear, the fear of not being safe in connection, of being left alone.

**"Too Much" is an upregulated body & nervous system:**

- How it probably shows up in your body: Heart rate up, chest tight, urgency screaming that if you do not reach right now, you will lose this connection.
- How it probably shows up in your behaviour: Reach, ask, push, repeat, louder if needed.

**"Never Enough" is a dysregulated body & nervous system**, just heading the other direction.

- How it probably shows up in your body: shutting down, going foggy, wanting to disappear so nothing gets worse. Otherwise, you will lose this connection.
- How it probably shows up in your behaviour: Go quiet, go small, disappear a little so nothing gets worse.

I have watched this play out in the same handful of forms, over and over:

One partner reaches for touch or sex again this week. The other feels the reaching land as pressure before anything's even happened, and starts rehearsing how to say no without hurting them. Both walk away certain the other one doesn't want them, for exactly opposite reasons.

One partner makes a sharp comment about the other's driving. The other partner goes quiet and stays quiet for hours.

One partner asks for something in the kitchen, straight to the point, no 'please' attached. The other partner hears an order instead of a request, and the whole day quietly tilts sideways from there.

None of these are really about driving, or touch, or kitchen arrangements.  
They are the same loop, wearing a different coat.



# Ok... we are in a loop. What to do with it?

Here is what I am not going to give you: a perfect sentence to say. It is still just words asking an already activated nervous system to behave using logic. If it were that easy, none of us would still be in this loop.

Neither of you can hear the other clearly from inside either of these states, and no script fixes a nervous system that is mid-alarm.

**So before a single word gets said, the body goes first.**

## Step 1.

**Notice, name out loud** if you can manage it: "I am activated" or "I am shutting down." That is it. Not an explanation. Just the name of the state.

## Step 2.

Prefer to be walked through steps one & two instead of reading them?  
**Press play on part 1**



One of you, whoever gets there first: inhale slowly through the nose, then a longer, **slower exhale out through the mouth**, with a bit of sound if you can let it out.

Do this **three times**. This is not a breathing app cliché.

A longer exhale is one of the **fastest ways to signal your body it's safe** (the vagus nerve, if you want the technical name) and that you are **not, in fact, in danger**, which is the actual thing standing between you and a real conversation.

## Step 3.

Ready to do this part together? **Press play on part 2**  
I'll walk you both through it



Once the breath has taken the edge off, **choose** a way to come back into the same room together.

Spoiler: There is no single right answer that fits all, and I'm not going to hand you one script that's supposed to fit every relationship or situation.

Some options to try and see what actually fits the two of you:

- Sit back to back. solely for feeling that the other person is still there.
- Ask to put a hand where the activation actually lives in your body: chest, stomach, jaw... take few breaths there (important- non-sexual touch)
- Take a short walk together, side by side rather than face to face, and let the conversation start when it starts.
- or simply ask each other: "what would actually help you feel safe enough to talk right now?" Negotiate it together, every time, because it will not always be the same answer.

Only after this, sometimes not for a while after this, do the actual words come. You will know you are ready when the urgency has dropped even slightly.



# Before **you diagnose the relationship,** Check **the weather...**

**Please run this quickly before deciding** that something is fundamentally wrong between you.

- Did this start, or get worse, around a **big life change**: a move, a new baby, a job loss, illness, money stress, or just an exhausting stretch of routine?
- Are you both currently **carrying more than usual**: less sleep, less privacy, less time for each other?
- If you took the outside stress away completely for one week, would this exact conflict still happen?

If you answered yes to the first two, and you are not sure about the third, a real chunk of what feels like “we are broken” might actually be **“we are two exhausted people with nothing left in the tank.”**

That does not mean ignore it.

It means you might be aiming the fix at the wrong target.



# The famous loop

## For the visual lovers

### THE "TOO MUCH / NEVER ENOUGH" LOOP™

#### THE RELATIONSHIP CYCLE

##### ONE PUSHES FOR CONNECTION



"I need you to hear me."

"Why don't you ever..."

"Why won't you talk to me?"

"You don't care."

##### WHAT IT LOOKS LIKE

- Pursuing
- Repeating
- Demanding
- Criticizing
- Escalating

##### WHAT'S UNDERNEATH

- ♥ Need for connection
- ♥ Fear of disconnection
- ♥ Need for reassurance
- ♥ Feeling unseen
- ♥ Anxiety / urgency

ONE PERSON  
PUSHES

THE OTHER  
WITHDRAWS

##### THE OTHER FEELS OVERWHELMED / NOT ENOUGH



"I don't want to do this again."

"I can't deal with this right now."

"Why don't you see all I'm doing?"

"I don't do my best."

##### WHAT IT LOOKS LIKE

- Withdrawing
- Shutting down
- Avoiding
- Becoming distant
- Disconnecting

##### WHAT'S UNDERNEATH

- ☾ Need for safety
- ☾ Feeling overwhelmed
- ☾ Dysregulation
- ☾ Feeling criticized
- ☾ Shame / not enough



##### UPREGULATION

Anxiety rises.  
Tension builds.



##### THE LOOP KEEPS REPEATING

The more one chases,  
the more the other shuts down.  
Both partners feel unseen and exhausted.



##### DYSREGULATION

Nervous system overloaded.  
Safety mode activated.



##### UNSEEN

Not seen.  
Not heard.  
Not understood.



##### MISUNDERSTOOD

Talk past each other.  
Feel blamed or judged.  
Lose connection.



##### DISCONNECTED

Emotional distance.  
Loneliness.  
Loss of closeness.



##### EXHAUSTED

Drained.  
Resentful.  
Over it.

  
**sapphire leela**

Mind blowing intimacy

Join my intimate  
Revolution





# Naming the loop is step one. Here is how to actually break it

This guide might help you name the loop and have a visual aid of this so-common universal problem.

**Breaking the loop, in your body, in your relationship, in real time:  
This is what I call the From Tension to Turn-On method.**

It will help you **catch your automatic reflex before it runs the show**, express the **vulnerable need underneath it**, rewire the loop **using body-based tools** and, yes...  
**Get your desire and your closeness back.**

Somewhere between **30 and 50% of people** report ongoing **struggles with desire** in a long relationship, and most researchers think the true number is higher, because shame is very good at keeping people quiet

**If desire is part of what feels stuck for you,**  
you're once again not the exception.

That's the work I'm genuinely passionate about,  
If you want to break this loop,  
whether that's one-on-one, a workshop with your partner, or my  
upcoming video series, I'd love to have you....

**BOOK YOUR FREE INTIMATE CALL TO START**



## sapphire leela

Mind blowing intimacy

Join my intimate  
Revolution

