

This Might Be Why Your Relationships Feel So Hard

It's not just bad luck.
There's a pattern and once you see it,
everything shifts.

HEY BABE,
Can We Talk?
WITH DREA RENEE

If relationships keep
feeling **intense,**
confusing...

You're not crazy.

You're not asking for too much.

**But you might be repeating
something you haven't
fully seen yet.**

We don't just fall for people.
We fall for what feels familiar.

Familiar \neq Healthy

It means predictable to
your nervous system.

Why it feels so **hard**

- Trying to read between the lines
 - Overthinking small shifts
- Feeling like you have to earn consistency
- Ignoring red flags because of potential

It's not just the person.

It's the dynamic.

Pause before you spiral

What just shifted my energy?

What story am I telling myself?

Do I actually know the truth?

Awareness before reaction.

It's not that
love is hard.

It's that you've been choosing
dynamics that require you to
over-function to keep them alive.

And that will always feel unstable.

Be honest:

- Do I feel calm or activated?
 - Am I trying to be chosen?
 - Do I ignore things early?
 - Am I focused on potential?
- Am I performing to keep them?

Do this instead:

Instead of

Overthinking

Reacting fast

Spiraling

→ **Do this**

→ Ask directly

→ Slow down

→ Observe for 48
hours

You don't need more analysis.

You need better timing.

This isn't about being “too much.”

It's about:

- Attachment patterns
 - Fear of loss
 - Self-abandonment
- Mistaking inconsistency for excitement

You're not broken.

You adapted.

When you feel **activated**

1. Breathe (slow inhale, slow exhale)

2. Name what you feel

3. Ask: Is this about now... or something
older?

This is how patterns change.

What if it felt
easy to be
yourself?

Not strategic.

Not calculated.

Not overthought.

Raise your **standard**

- Ask for clarity
- Match energy
- Stop over-giving
- Watch consistency

Your standard is what you allow.

Wait. And watch.

Before reacting... pause.

Give it 24-48 hours and notice:

- Do they follow through?
- Do they create clarity?
- Do they move toward you?

Behavior tells the truth.

Try this this week

- Have one direct conversation
 - Say “I need time to think”
- Pay attention to how you feel after
seeing them

Small shifts = different outcomes.

Love isn't
supposed
to feel like
something
you have to
constantly
figure out.

If this hit...
you're **not**
alone.

→ Listen to *Hey Babe, Can We Talk?*

→ Work with me

→ Follow along for more real conversations

**Because real intimacy starts with
honest conversations.**