

FOR THE PEOPLE WHO KEEP POURING.

POURING MORE WON'T FIX IT

You cannot pour enough love into someone who has no container for it

THE STOIC PRINCIPLE

Love is not a deposit you make until the relationship balances. Relationships are not checking accounts. They are a way you choose to show up, regardless of what comes back. The math will not save you here. Believe me, I've tried.

THE STOIC SUPPORT

"The supreme ideal does not call for any external aids. It is homegrown, wholly self-developed. Once it starts looking outside itself for any part of itself, it is on the way to being dominated by fortune."

SENECA | LETTERS FROM A STOIC

STOIC STEPS FOR RADICAL RESILIENCE

Five moves for when the love is going one way and the bill is coming the other.

01 SEPARATE THE FACT FROM THE FEELING

They are not loving you the way you want. That is the fact. The feeling is grief, even if no one died. Don't argue with the feeling. Don't argue with the fact. Both can sit at the kitchen table at the same time. Pour yourself a coffee.

02 STOP KEEPING SCORE

Tally relationships are not relationships. They are invoices with names attached. The minute you start counting 'I texted, they didn't,' you've already lost the thing you were trying to measure. Throw the spreadsheet out. (You know who you are. We all have one.)

03 FIGURE OUT THE ACTUAL ASK

'I just want them to care' is too vague to land. Is it a Sunday phone call? A kept promise? Time on the calendar instead of 'we'll figure it out'? Specificity is the only ask that has a chance of being met. Vague asks get vague results. Coaches know this. Spouses know this. Bosses, less so.

04 LOWER THE STAKES OF THE NEXT MOVE

A coffee, not a confrontation. A short note, not a contract renegotiation. Most of what we want to say does not survive the size of meeting we picked for it. The Big Conversation kills more relationships than the little one ever did.

05 KNOW WHAT STAYING IS GOING TO COST YOU

There is a version of this where you stay. There is a version where you don't. Both are valid. Both have a price. The question isn't 'which one is right.' It's 'which bill am I willing to pay.' Future-you is watching, and that guy keeps notes.

THE REFRAME

If you wish to be loved, love. Just don't outsource your worth to whether they ever figure out how. That's the move. Not easy. But the move.