



Begging to be Loved...

When you're ready to be truly loved.

Prelude to the STUCK Workbook

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The Question This Book Asks

What does it mean to beg for love — and why do so many of us do it?

There is a particular kind of suffering that is rarely talked about openly, because the person experiencing it is usually too ashamed to name it.



It is the suffering of the woman who loves more than she is loved in return — and knows it — and stays anyway.

The woman who plans every date, initiates every conversation, gives every gift, and swallows every hurt, all in the desperate hope that if she just gives enough, tries hard enough, becomes enough, the person in front of her will finally, fully, choose her.

We have all seen this woman. Many of us have been her. She is smart. She is often professionally accomplished.

She has good friends who love her. She can articulate, with startling clarity, exactly what is wrong with her relationship — and exactly why she cannot leave it. She is not naive. She is not weak. She is stuck.

Being stuck is not a character flaw. It is a psychological and energetic condition with specific causes, specific mechanics, and — crucially — a specific way out.

This book tells the stories of five women who found themselves in that condition, in five very different circumstances: a long-term relationship with a man who was kind but not invested; a one-night stand that became a weeks-long obsession; a post-divorce attachment that unravelled almost immediately; a grief-driven connection formed too soon after the loss of a beloved husband; and an abusive relationship from which she kept being pulled back even after escaping.

"You're not stuck in a relationship. You're stuck in a pattern. That pattern was formed long before your current situation, and it will continue long after — with different people, in different circumstances — unless you do the deep work to heal it. Every person you're desperately trying to change is just the latest actor in a play you've been directing since childhood."

The five stories that follow are told with compassion and unflinching honesty. After each story, you will find the key insights and psychological mechanisms at work — the denial, the bargaining, the hidden secondary gains, the childhood wound being activated.

The book closes with the unified framework that underlies all five stories, and with an invitation to the tool that changed each of these women's lives: the Stuck workbook.

This is not a book about leaving bad relationships. It is a book about understanding why we stay in them — and about transforming so fundamentally that we can never recreate the same pattern again.

It is about sending a clear signal to the universe, and finally becoming available to receive what we have always deserved: healthy, secure, reciprocal love that requires no begging at all.

STORY ONE

Amanda & Leo: Three Years of Begging

The slow erosion of self-worth inside a one-sided relationship

Amanda Beale · Three-year relationship

Amanda stared at her phone, watching the three dots appear and disappear for the fourth time. She had sent Leo a dinner suggestion two hours earlier — that Italian place he'd mentioned liking once, three months ago.

She remembered everything he said, catalogued every preference as if collecting details would make her more valuable to him. His reply finally came: "Sure, sounds good.

When were you thinking?" Not "I'd love to." Not "I've been craving that place." Just sure.

She slumped even as she typed back three date options with alternative suggestions, added a smiley face, deleted it, added it back, and hit send.

She had never imagined herself as a desperate girlfriend.

In her twenties, Amanda Beale had been confident, self-assured, the one who made decisions and moved through the world with purpose.

She had a successful marketing career, a close circle of friends, and a clear vision for her future.

Then she met Leo Richardson — warm brown eyes, easy smile, a soft-spoken demeanor that made everyone lean in to hear what he had to say.

Their first month was magical. He planned their first date at a rooftop bar with the best view of the city skyline, sent good-morning texts, and talked with her for hours about their childhoods, dreams, and fears.



Then, almost imperceptibly, things shifted. By week five, she was initiating most of their text conversations.

By week six, she had planned their last three dates. By week eight, when she mentioned her company's holiday party, Leo said "Oh, yeah, sure" with the enthusiasm of someone agreeing to pick up milk.

That was when the panic set in.

Something in Amanda's nervous system activated — an alarm bell that rang so loudly she couldn't hear anything else.

He was losing interest. She was losing him. She had to do something, be something, give something to make him stay.

"The relationship existed in the space Amanda created for it. Without her constant effort, it would collapse into nothing. She knew this on some level. She tested it — pulling back her texting, waiting for him to reach out first. She'd last three days, maybe four, before the anxiety became unbearable and she'd crack, sending him something — anything — just to maintain the connection."

By year two, anger joined the mix. Small eruptions when he scrolled his phone through dinners she had planned.

Larger ones when he arrived forty-five minutes late to a meal she'd spent three hours cooking, genuinely confused by her fury.

She'd swallow the anger — "Never mind. Let's just eat." By year three, the word "beg" had entered her internal dialogue.

Please notice me. Please choose me. Please want me. Please love me the way I love you. She heard it in her own voice during arguments — begging for basic respect, basic reciprocity, basic desire.

AMANDA'S BREAKTHROUGH

Discovering Stuck — and the Truth Beneath

Denial, bargaining, secondary gains, and the childhood wound

On an ordinary Tuesday, Amanda saw a social-media post: "This workbook changed my life. If you feel stuck in a relationship and need to move on but can't, I can't recommend 'Stuck' highly enough." The word jumped out at her.

She downloaded the workbook that night and, for the first time in three years, did not send Leo her usual "hope you had a good day" text.

The workbook explained that being "stuck" meant being trapped in the early stages of the acceptance process — specifically in denial and bargaining.

She had received the information that something was wrong as early as week five.

But instead of continuing through the natural stages of grief toward acceptance, she had panicked and leaped back into denial, where she had remained for three years.

THE "STUCK" CHECKLIST — AMANDA'S RECOGNITION

Do you feel like you're constantly trying to make something work that isn't working? Yes.

Do you make excuses for someone's behaviour? Yes.

Do you feel anxious when you're not actively managing the situation? Yes.

Have you been having the same conversations and disappointments on repeat? Yes.

Is this relationship mirroring others — different people, same feelings? Yes to all of it.

The workbook then confronted her with the concept of secondary gains — the hidden benefits we unconsciously receive from staying stuck.

Amanda was not alone; being with Leo meant she didn't have to face being single or risk not finding anyone else.

Staying made her feel "good at relationships." Focusing on Leo meant she never had to examine why she was terrified of being alone.

And as long as she was still trying, she could maintain hope.

Then came the deepest excavation: What did this relationship trigger in you? After days of sitting with the question, she wrote: "I've always believed I'm not enough. That love is something I have to earn through performance and perfection.

Leo didn't create these beliefs. He just activated them.

He showed me a pattern I've been living my whole life: working desperately hard for scraps of affection, confusing breadcrumbs with love, tolerating less than I deserve because I don't actually believe I deserve more."

"What would accepting the reality of this situation require you to believe about yourself?" Amanda wrote: "If I accept that this relationship isn't working and leave, I'd have to believe that I deserve more. That I'm worthy of reciprocal love. That being alone is better than being in a one-sided relationship. That I don't need to earn love through constant effort. That I'm enough, just as I am." She stared at the words. Not yet. But for the first time in three years, she wanted to.

Over three weeks of exercises, Amanda moved through the stages she had been avoiding — a cleaner anger, then deep sadness, grieving the relationship she had wanted, the Leo she had hoped he would become.

On a Sunday afternoon, she asked Leo to come over and ended the relationship. "I don't want you to try," she told him. "I want to be with someone who doesn't have to try."

One year later, she was on a first date with Tom — a man who had asked her out three times before she felt ready, who planned everything, arrived early, and followed up the next day. She had sent a clear signal. The universe had answered.

STORY TWO

Sarah & the One-Night Stand: Mistaking a Moment for a Promise

When a brief connection triggers weeks of desperate pursuit

Sarah Mitchell · Three weeks of pursuit after one night

Sarah Mitchell woke up in Stephen's bedroom full of hope. The night before had been electric — hours of real conversation, genuine laughter, and a physical connection that felt unlike anything in years.

He had made her feel desired and seen. As she lay there watching him sleep, the dangerous flutter began: What if this was the beginning of something real?

When Stephen woke, he said the night had been "really special." He offered his number and said he'd text. Sarah, clutching those words, chose to believe them.

The week that followed told a different story.

His replies were three words at most. He didn't respond to her live-music invitation.

When she sent him an architecture article tailored to his interests, he replied four hours later: "Cool, thanks for sharing." She analysed those three words like ancient hieroglyphics.

Three weeks after their night together, Sarah did the thing she had sworn she'd never do.

She went to his building and pressed his buzzer. No answer. She pressed again. She stood there for fifteen minutes, pressing periodically, telling herself he might be in the shower — but knowing the truth.

She walked back to her car with tears streaming down her face, crying for the humiliation, for the fantasy she'd built in her head.



But mostly she cried because this wasn't the first time.

This was a pattern she'd been repeating for years.

WHAT SARAH WAS REALLY GETTING FROM THE PURSUIT

1. As long as she was pursuing Stephen, the rejection hadn't fully landed. She could maintain hope.
2. The pursuit gave her a project — it distracted her from deeper feelings of loneliness and life issues, low self-esteem, and boredom.
3. If she could make Stephen want her, it would prove she was desirable and erase the shame of the one-night stand and being rejected...again.
4. Staying in pursuit meant she didn't have to face that she did this repeatedly — and ask why.

The STUCK workbook Sarah eventually found helped her trace the pattern all the way back to college — different men, same cycle. The core wound: "I'm terrified I'm not the kind of woman men want to commit to.

Having a one-night stand with Stephen activated my deepest fear and belief— that I'm only valuable for sex, not for a relationship. So I've been desperately trying to prove that wrong." Over the following month, working through the exercises, she finally became free of the pattern.

STORY THREE

Jennifer & Divorce: Running from Grief into Another Man's Arms

How unprocessed pain drives us to seek external solutions

Jennifer Smith · Divorced at 43 · Six dates with Robert

Jennifer Smith signed the divorce papers on a Tuesday in March, ending fifteen years of marriage to John.

She had expected relief. Instead, she felt hollow. For fifteen years, her identity had been wrapped up in being John's wife, part of a unit, a team. Now she was just Jennifer. Alone. Forty-three years old and starting over.

Six months later, she matched with Robert on a dating app. Their first coffee date lasted three hours.

Over the following month, he planned thoughtful outings, sent good-morning texts, and asked follow-up questions about things she'd mentioned in passing.

Jennifer felt herself falling, terrified and exhilarated.

After their sixth date, they spent the night together, and Robert made her feel desired in a way John never had.



Lying in his arms, she felt a dangerous sense of hope: Maybe this was her second chance at love.

Then, almost on cue, Robert began pulling back. He cancelled three dates in a row. When he finally sent his gentle exit — "I'm not sure I'm ready for something serious right now" —

Jennifer did not respond with dignity.

She called him. When he didn't answer, she called again. When he finally picked up, she heard herself say: "But you said I was special." She wanted to cringe at the sound of her own desperation.

"The worst part was that she couldn't stop. Over the next two weeks, Jennifer texted Robert multiple times. She suggested coffee 'just as friends.' She drove past his house twice, checked his social media obsessively. She knew she was being pathetic — she could hear her own desperation in every text she sent. But stopping meant accepting that she was alone again. That she'd failed again."

JENNIFER'S HIDDEN SECONDARY GAINS

1. Pursuing Robert let her focus on a new rejection rather than processing the deeper pain of the divorce.
2. Making him want her would prove she was still desirable after the marriage failure.
3. The pursuit gave her a goal — something to focus on besides the emptiness of starting over at forty-three.
4. Stopping meant accepting she was truly alone — and being alone felt like the worst possible outcome.

Her therapist finally asked the essential question. When Jennifer admitted the belief underneath all of it — "That I'm not enough. That I wasn't enough for John, and I'm not enough for Robert, and I'll never be enough for anyone" — something cracked open.

She had been begging for love for fifteen years. The Stuck workbook gave her the roadmap to finally stop.

STORY FOUR

Claire & Grief: Trying to Replace the Irreplaceable

Why bypassing grief leads only to deeper pain

Claire Donovan · Widowed after 22 years · John (grief group)

Claire Donovan stood in her kitchen at 2:47 AM, staring at the coffee maker. She hadn't slept more than three hours at a stretch in the six months since Michael died.

Her husband of twenty-two years — her best friend, her person — had been taken by a sudden heart attack.

One moment he was laughing at something on TV; the next, he was clutching his chest. She had called 911, performed CPR, and begged him to stay.

He had left anyway.

The first few months were numb. She went through the motions, handled the estate, and returned to work at the library.

She talked to Michael constantly — out loud, in her head, in her journal.

She wore his old sweatshirt to bed. She kept his toothbrush in the bathroom. When her sister urged her to "start moving forward," the words felt like a betrayal.

At a grief support group, she met John — also widowed, eighteen months out, with kind eyes and a gentle voice.

He understood in a way no one else did. Eight months after Michael's death, John told her he was developing real feelings for her. She said yes to a relationship.

But from the beginning, something was wrong. She compared John to Michael on every date and brought Michael up in nearly every conversation.

John eventually said what everyone was thinking: "I feel like I'm competing with a ghost. Like, no matter what I do, I'll never be Michael. And I'm tired of trying."

"Claire had been using John to avoid facing her grief. But you cannot skip the grief process. You cannot bypass the pain by jumping into a new relationship. Every time you try, you carry the unprocessed grief into the next connection — making the new person responsible for wounds they didn't cause."



THE KEY LESSON FROM CLAIRE'S STORY

The only way to be genuinely available for new love after great loss is to grieve the old love fully — not to leap over the pain and reach for the next person who might make it stop.

Every shortcut leads back to the same stuck place. The only way out is through.

Claire committed to the STUCK's workbook's grief process, moved through her sorrow completely rather than around it, and four months later, met Harris. They married one year after that.

STORY FIVE

Maddy & Abuse: Trauma Bonding and the Pull Back to Danger

When the pattern was written in childhood, and how to finally rewrite it

Maddy Peterson · Brandon · Three years of cycles

Maddy Peterson sat in her new apartment, surrounded by unpacked boxes, reading a text from Brandon. She had blocked his number three times. He always found a way around it.

Two months had passed since she had packed her things while he was at work and moved to a small studio across town.

Two months had passed since she had escaped. But had she really?

Because here she was, reading his messages, feeling that dangerous pull: Maybe he really is changing. Maybe this time will be different.

Brandon had been charming and intensely pursuing when they first met. The first time he raised his voice six months in, he punched the wall beside her head.

Then he broke down crying, apologising so profusely and so devastated by his own behaviour that Maddy found herself comforting him. "It's okay. Everyone loses their temper sometimes." That should have been her exit.

Instead, the pattern was set.

For three years, Brandon would be wonderful for weeks or months — loving, attentive — and then something would trigger him.

He would explode, yelling, throwing things, twice leaving bruises on her arms.

Each time he'd apologize, cry, promise change. Each time Maddy forgave him, because between the explosions, he told her she was the only good thing in his life.

It had felt like love. It was actually a weight — she was being made responsible for his survival.

The breaking point came when he grabbed her by the throat and slammed her against a door. For a moment, she thought he might kill her.

When he let go, and she collapsed to the floor, she looked up at him and saw him clearly for the first time in three years. This was not love. This was never going to get better. She called her best friend Priya, and they packed her things together that same day.



"Maddy understood trauma bonding intellectually: the intense highs and lows of an abusive relationship create a powerful psychological bond. Her brain had been conditioned to associate Brandon with both fear and love, pain and comfort. That's why leaving felt so hard, even though she knew rationally she needed to stay away."

After leaving, she made the classic mistake of responding to one of his messages. That single reply reignited his pursuit.

She eventually agreed to meet him for coffee — just for closure. He said all the right things, articulate and insightful about therapy and childhood trauma.

Then, during their fourth coffee meeting, her phone buzzed with a text from a male friend. She watched Brandon's jaw clench, and his hands curl into fists on the table.

The mask slipped.

She stood up and left.

MADDY'S DEEPEST TRUTH — FROM THE STUCK WORKBOOK

"This isn't really about Brandon. Brandon is just the latest iteration of a pattern I've been repeating my whole life. I grew up watching my mother stay with my volatile father. I learned that love meant enduring, sacrificing, and trying harder. I learned that my value came from how much I could tolerate, how much I could forgive, how much I could give."

Brandon didn't create those beliefs. He found the wound and pressed on it — because she had been carrying it her whole life, just waiting to be activated.

The workbook asked: What would accepting the reality of this situation require you to believe about yourself?

Maddy wrote: "That I deserve to be safe. That the three years weren't wasted — they were lessons.

That my value doesn't come from how much I can endure. That I'm enough, exactly as I am, without having to save or fix anyone."

She filed a restraining order, blocked Brandon on every platform, and sat with her loneliness rather than flee from it.

A year later, she was living in a new apartment, promoted at work, and dating again — from a place of wholeness rather than need.

THE CORE FRAMEWORK

Why We Beg — and How to Stop

The universal pattern beneath every story in this book,

Amanda, Sarah, Jennifer, Claire, Maddy. Different men, different circumstances, different decades of life. One pattern. One way out.



Being "stuck" means being trapped in the early stages of the natural acceptance process. The moment you first sense that something is wrong is the moment you enter that process.

Your nervous system has received important information: your expectations and reality do not match.

The healthy response is to grieve that mismatch and move toward acceptance. Instead, most of us panic and leap back into denial, where we can maintain hope, and bargaining, where we can maintain the illusion of control.

THE SIX SIGNS YOU ARE STUCK

1. Constant effort: You feel like you're always trying to make something work that isn't working.
2. Excuse-making: You make excuses for someone's behaviour or a situation's limitations.
3. Control anxiety: You feel anxious when you're not actively managing or controlling the situation, and feel giving up control would cause the relationship to crumble and end.
4. Repetition: You've been having the same conversations, fights, or disappointments on repeat.
5. Collapse fear: You fear that if you stop trying, everything will fall apart.
6. Mirroring: This relationship mirrors others — different people, same feelings and interactions.

Secondary gains are the invisible force keeping us in place — the unconscious benefits we receive from staying stuck, even when we're miserable.

They are harder to see than the obvious pain, but they are powerful. As long as they remain unnamed, they operate in the background, silently sabotaging every effort to move forward.

Common secondary gains include: avoiding loneliness, maintaining a familiar identity, feeling needed or important, avoiding the unknown, and avoiding deeper fears or past wounds.

Most critically, the relationship you're stuck in is rarely the real problem. It is the catalyst — the situation that activates deeper wounds, older beliefs, and more fundamental fears laid down in childhood.

The men in these stories were not villains. They were mirrors, reflecting the dominant unconscious signal each woman was sending: I believe I must earn love. I believe I am not enough (pretty, talented, nice, successful, sexy, desirable, funny, educated, etc).

"When you're stuck in denial and bargaining, you're sending mixed signals to yourself and to the quantum field. You're saying 'I want real love' while simultaneously clinging to a relationship that mirrors your deepest wound. Once you move through to acceptance — choosing to honour yourself — your signal becomes clear. You become available for what you actually want."

The quantum field responds to what we embody, *not* what we wish for. The path to genuine, healthy, secure love is not through better tactics, stronger boundaries, or playing games.

It is through the deep internal work of healing the wound itself, so thoroughly that we can no longer attract people who activate it.

You don't have to become tough, ego-driven, or calculating. You need to become healed — so thoroughly that the quantum field brings you only what you truly resonate with: healthy, secure, reciprocal love.

No more trying, no more forcing, no more manipulation.

Just relaxing into a beautiful relationship that can finally reach you.



Are You Ready to Stop?

If these stories resonated with you — if you saw yourself in the desperate pursuit, the bargaining, the begging — then you're already aware of the pattern.

Awareness is the first step, but it is not enough. You need a roadmap out.

The Stuck workbook guides you through the acceptance process you've been avoiding: moving past denial and bargaining into the anger, sadness, and ultimately the freedom that await you on the other side.

It reveals your secondary gains, uncovers your unconscious fears, and gives you practical, life-changing tools to heal them at the root.

Here is the truth: you're not stuck in a relationship. You're stuck in a pattern.

That pattern was formed long before your current situation, and it will continue long after unless you do the deep work to heal it.

Every person you're desperately trying to change is just the latest actor in a play you've been directing since childhood.

This isn't about leaving a bad relationship or a toxic situation.

It's about transforming at such a fundamental level that you can never recreate the same energetic pattern again.

It's about clearing out the old wounds so thoroughly that you stop attracting people who activate them.

It's about sending out a clean, clear signal — and finally being able to receive what you've always deserved.

How much more time are you willing to lose?

How many more years will you spend trying to make the wrong person right?

How much longer will you let the fear of being alone keep you in situations that make you feel lonely anyway?

Your future self — healed, whole, and in a secure and reciprocal love — is already waiting for you.

She is on the other side of this pattern.



The only question is: Are you ready to finally meet her?

To get your copy of the STUCK workbook:

Go to: [https:// www.inner-light-institute.com/product-page/stuck](https://www.inner-light-institute.com/product-page/stuck)



To our healing journey together.

— Carrie R.