

**Overcome Your  
Relationship Sabotage  
with  
The New Paradigm For Love**

**Unconscious Sabotage  
&  
Conflict**

*with*  
*Michele Willmott*

# Unconscious Sabotage & Conflict

**Our unconscious is responsible or 90-95% of our behaviour.** Only 5-10% is due to our conscious thinking. It makes sense therefore why so many people get stuck making the same mistakes over & over in their love lives.

We are all victims of our own mind & this has happened due to the huge emphasis that has been put on the power of rational thought in society. The thing is though, so much of this thought is not rational, one bit! It may sound like it makes sense but it rarely covers the real truth that there are multiple perspectives.

Our unconscious is much more powerful & unfortunately the issues that lay buried, if they stay unresolved or unhealed they can potentially have quite disastrous consequences.

You may have heard the following quote by Carl Jung, which sums this up very accurately:

**“Until you make the unconscious conscious,  
it will direct your life and you will call it fate.”**

The no better environment for our unconscious to play out and create a battleground than a relationship.

Have you ever noticed how good you often feel when you are on your own?

The reason for this is you are not bumping up against your partner's unconscious sabotage & your own is not running the show either.

*Michele Willmott*

# Unconscious Resistance in Your Romantic Life

As a result many women think to themselves 'it must be him' when they think about the issues that come up with their partner.

**Your partner will always do a good job of showing you where you are holding back from achieving growth for yourself & the relationship.**

This is exactly why couples end up either in conflict or the avoidance of topics that lead to conflict.

Frequently, the main reason conflict arises is because one person has acted or spoken from a place of unconscious sabotage & this will trigger the other partner 9 out of 10 times.

Many women try to train their partner & have this ideal in their mind of what their partner should be doing.

For example, if they know that their friend's partner helps out a lot in the kitchen, they may end up wishing that their partner would do the same. The problem arises when he doesn't step up in this exact way.

Rather than express the fact that she feels overwhelmed & that this can make her feel unloved (for example) women often start to attach stories to these feelings. Stories such as, 'he isn't helping out as much as he should & I feel unloved. If I feel unloved perhaps someone else will love me more. Perhaps I should leave'.

You can see how easily it can all get out of hand.

**How can this situation often lead to conflict?**

*Michele Willmott*

# Unconscious Sabotage & Conflict

Women are being encouraged more & more to speak up for their desires in the drive for equality. However, this is pretty much a fine art. I can think of situations with my husband that have ended up in a lot of tension & discomfort that didn't need to.

On these occasions I have expressed myself with vulnerability, but also added an ideal scenario of what I thought my husband should be doing if he was the 'perfect man'. This was an example of my unconscious leading the way. The part of me who was scared to not be in control, scared of being rejected.

There is nothing worse for a man than to feel like he is being 'trained' or controlled by his partner.

Men must be left to make their own choices and grow in a way that works for them. They are far less likely to want to change their behaviour if we are giving them an ideal behaviour or action that they feel they have no choice about.

This can be the kind of thing that will trigger a defensive or angry response from a man. Many men will shut down feeling that they are never good enough.

If we see them not responding in the way we think they should be responding if they 'loved us' then we will feel unheard, unseen & probably angry & hurt.

The back & forth triggering of a conflict is then underway.

Now of course they have their own issues to deal with but it is crucial that they are allowed the space to deal with things in their own way. If we are breathing down their neck, watching their every move, we are hardly inspiring them to step up.

*Michele Willmott*

# Unconscious Sabotage & Conflict

In an ideal world we would get our communication 'right' & we wouldn't place or speak unrealistic expectations. However we don't live in an ideal world & we are human beings with flaws & generally a vast store of unhealed unconscious parts that are still trying to get love in a dysfunctional way.

So, we have to face the fact that we will trigger our partners and they us.

Having said this **conflict is not necessarily a bad thing!**

**The GOOD THING ABOUT CONFLICT is that it contains the seeds of transformation.**

The key is to know how to navigate it.

If you are caught up in a situation where the same old arguments come up time & time again & you are unable to release those seeds of transformation then that is not a good thing moving forwards.

This is where we get the 'but all couples argue' kind of statement that many men & women hide behind & use as an excuse to not take a closer look at themselves.

This is why couples never solve certain issues or decide not to talk about certain topics. This is a great example of the unconscious leading.

The only way this gets 'busted' so to speak is to be prepared to step up & change things ourselves, even if our partner doesn't seem willing on the face of it.

*Michele Willmott*

# Unconscious Sabotage & Conflict

It is far more important to understand your own sabotaging patterns & see them as opportunities to CREATE GROWTH when they appear.

**It DOES NOT MATTER if things get a bit messy.**

What matters is that you are willing to take the learning forward & do it differently next time.

That is why there really is no mistakes, just learning.

Yes, there is always a risk that one person just won't be willing.

However, if you love your partner & they love you & up til now they have shown willing in more ways than one, that is plenty enough evidence to move forward.

You can tell yourself that your partner is going to let you down over & over & fear the worst, but that will only keep you repeating the same old patterns & not getting anywhere.

We as women, have to be WILLING to show up differently.

As I have already mentioned I cannot tell you how many women think they are speaking from desire & are actually acting in sabotaging ways.

Showing up differently involves a whole new level of vulnerability without attachment to a specific result. This can be scary for many women because they ultimately fear rejection or having to be the rejector. Please know, however, that unless you are in an abusive relationship, this is another example of the unconscious parts of us who were rejected on some level, still trying to keep us safe.

*Michele Willmott*

# Unconscious Sabotage & Conflict

The sad thing is, despite the fact they are trying to keep us safe, they are also keeping love at arm's length.

Vulnerability without attachment takes practice & like I said, being prepared to get it 'wrong'. For you to feel that you can 'try this on' in your relationship you have to feel safe enough within yourself.

Working on healing your inner masculine & your relationship with masculine energy in general is a great way to start the ball rolling in the right direction.

Your inner masculine WILL have your own back in this!

If you would like to find out more about the nuances of how to communicate with full vulnerability in my next course ['Deeply Loved'](#).

[You can also book a call with me here](#) if you would like to discuss getting 1 on 1 support to address your specific situation.

Michele Willmott