

# Overcome Your Relationship Sabotage

## Enhancing Your Inner Boundaries



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Healthy inner boundaries, as I have mentioned in the introduction, are evidence of a healthier relationship with your inner masculine energy.

They are essential to help you:

1. Take greater responsibility when it comes to your responses in your relationship.
2. Have a healthier relationship with your emotions.
3. Be less reactive in your relationship.
4. Know when you need to put in a boundary externally in your relationship.
5. To help you trust yourself far more when it comes to creating your desired scenario in your romantic life.

A great way of creating healthier boundaries is to **activate a powerful Archetype within you, who works alongside your Inner Mother. He represents masculine energy & is known as the Warrior.**

You may feel like you already know your 'inner warrior'. Perhaps you can relate to it as the part of you who is willing to take action & get things done. The part of you who is determined or has willpower when you feel you need it. Maybe you see 'him' as 'her', more like a Warrior Woman?

All these kinds of qualities are absolutely warrior-like, but we are going to look at this archetype from a more nuanced perspective & one that looks at how you deal with your conscious mind & your internal responses. In many ways someone who identifies as a warrior on the outside often pushes themselves or is hard on themselves & this is old paradigm type behaviour. The way we will be relating to your Inner Warrior according to the New paradigm is to see him as a strong inner ally or support partner; in the same way as you would want your partner to be.

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**Your Warrior** works alongside your Inner Mother. He is the first & the last line of defence. What I mean by this is he works in 2 ways.

1. Firstly, he allows you to practice **Thought Stopping**. He comes in to do this when you notice the very start of a thought that you know is going to end up with you being triggered or put you into a story of woe & demise. This takes practice & is not always easy to do, but when you start becoming more aware of your thoughts it does become easier.

You can start to do this by saying an internal 'NO' in your head. Once you get used to this it often becomes more of an internal feeling in your body. You start to develop an energetic boundary.

I highly recommend the kind of simple meditation where you sit & observe your thoughts coming & going, as this will help you to start detaching from the stories your mind likes to tell you. This will help you strengthen your internal 'NO'.

When you can do this you cultivate the ability to be more present in the moment. You will also notice that you have more of an empty mind, which can be uncomfortable, because we are addicted to trying to control everything with our overthinking. However, this allows yourself space & time for your inner wisdom & intuition to come through & this is how you ultimately learn to trust yourself.

When I say thought stopping I do not mean it is possible to stop every single thought that you have, as that would be impossible considering that we are supposed to have around 60,000+ thoughts a day. This is a tool that can be really useful when you notice incessant thoughts of woe



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The 'nothing good ever happens to me' kind of thoughts. It is also great for stopping your inner critic who loves to tell you that you are not enough or your partner is not good enough. Stopping thoughts is not denial, trying to stuff down emotions & pretend everything is okay when it isn't, is denial.

In fact **Pete Walker**, an expert on Complex PTSD recommends the practice of thought stopping. He argues that:

**“until the fight response is substantially restored, the average complex PTSD client benefits little from the more refined and rational techniques of embracing, dialoguing with, and integrating the valuable parts of the sufficiently shrunken critic.....these left-brained, objective approaches are often of very limited use until they are backed up by a subjective, right brain stance of aggressive self-protection.”**

The 'aggressive self-protection' being the internal 'No' I am talking about, which actually comes from a place of love for oneself.

Even if you do not regard yourself as having complex PTSD (which is related to a series of events over a period of time rather than one singular event as in PTSD) many people have experienced parenting that was rejecting & inconsistent throughout their childhood.

This paves the way for behaviours such as:

Perfectionism

All or nothing black & white thinking

Self-hatred & disgust

Shame

Micro-management



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Worrying

Guilt

Harsh judgements of self & others

Unfair comparisons of self to others

Time urgency & 'should-ing'

An overly negative focus on self & what might be wrong.

I imagine you can certainly relate to many of these behaviours in yourself & it is due to such behaviours that we can find ourselves caught up in all kinds of stories about why we are not lovable or why our partner is not the right person for us. It is for this reason that thought stopping should have a place in your personal development toolbox.

Sometimes it is too late to 'stop' your thoughts & you are already feeling emotional or triggered. This is when your Inner Mother can be called on as I described in the section on creating a healthy relationship with your emotions.

Remember she is able to hold ALL of your emotions & give you love & compassion without letting you indulge in the story of woe.

However, if your Inner Bully is still grumbling away in the background this is where your Warrior can come in & cut through the thoughts you are 'buying-in to.' There will be a story that is going on, for example, the bully might say 'you can't tame me, I will always be more powerful than you.' Your Inner Mother is also even able to extend her love to this part of you & therefore negate any of the power you think it has over you.

This gives you an insight into how these two Power Archetypes work together for you. They each have a slightly different approach & help you reintegrate healthy feminine & masculine boundaries when it comes to your own emotions.

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A faint, light-colored silhouette of a woman with her right arm raised, positioned behind the signature text.

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When you have better internal boundaries this will help you when it comes to your romantic relationships because you will be less likely to fall into the trap of being critical, defensive, passive aggressive or angry on a reoccurring basis.

Instead, you will be able to clear your energetic space so that you can call in more connection & intimacy with your partner.

This is one example of how Feminine & Masculine Power Archetypes work for you & within you to help you transform your love life & stop the **very destructive sabotage pattern of victim-hood & bullying.**

Of course, it is hugely important to take action in addition to doing the personal work. Ultimately **healing & transformation take place IN RELATION to your partner.** What this means is that your partner & the way they trigger you & relate to you (& you them) will be showing you where your growth edges are.

However knowing yourself better & doing this inner work to overcome the lies that your shadows tell you is a huge part of the journey.



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