

Deeply Loved

**How to Heal Sabotage Pattern No.2
Lack of True Commitment**



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with

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Healing Relationship Sabotage Pattern No.2 Lack of True Commitment

Ways to start healing this pattern of sabotage

Own your projections - Projection refers to unconsciously taking unwanted emotions or traits you don't like about yourself and attributing them to someone else i.e our partner.

A common example is a cheating husband who suspects his partner is being unfaithful. Instead of acknowledging his own infidelity, he projects this behaviour onto his partner. He can actually think she is having an affair! This is quite an extreme example of projection but nonetheless projection comes down to self-defense. Projecting something you don't like about yourself onto your partner protects you from having to acknowledge parts of yourself you don't like. It is often easier & more comfortable to see negative qualities in others rather than in yourself. When you don't feel good enough yourself & you are fearful of being rejected, you can easily fall into the trap of projecting these feelings onto your partner.

When you can learn to accept your failures & weaknesses & learn to love yourself warts & all as they say, you will be far less likely to project onto your partner.

Ask yourself here 'what do I see/think are my partner's weaknesses?' What do I often criticise him for in my head?

Then ask yourself 'in which area of my life could I be more of the quality that I'm looking to my partner for?' So, 'if I am looking to my partner to be more passionate, inspiring, dynamic, loving, where & how could I be more of these qualities?'

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It may not be that there is a direct link between your partner's apparent weakness & your own. It might be difficult for you to see it straight away. But if you look carefully, you will see that this quality is undoubtedly missing in another area of your life.

At the end of the day, this is about you not owning your true power to be the creator of your reality. If you are seeing flaws & weaknesses in your partner, you are disowning your own weaknesses. We are human beings with a full range of emotions & with weaknesses & flaws.

What is it like for you to contemplate your weakness?

No-one likes to feel weak or likes to think that they are weak, but the truth is we are at times, physically, mentally & emotionally. It is important to acknowledge any feelings that come up for you here around this subject.

When you project onto your partner in this way you are telling yourself a story. For example, if you think your partner should be more passionate then you will be buying into the story which goes something like this 'if my partner was more passionate then my life would be so much better, then I would be ok, then I would be happier & we would be more connected' & so it goes on.

The truth is, you have the power to create more passion in your romantic life. If this is what you want then it must come from you. It comes from you clearing your shadow so much so that you become an energetic match to what you want. Following on from this passion would come more naturally & more spontaneously in your relationship. When you are in your true power you can literally create the transformations that you want in the moment. Your desired end result might not happen straight away but you will start the ball rolling in the right direction.

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Look to see where you are avoiding taking action & waiting for your partner to do it instead - are you avoiding speaking up about difficult topics? Are you avoiding saying how you really feel or being truly honest with your partner? Are you feeling resentful because in your eyes they never initiate?

Be honest with yourself. At the end of the day only one person can bring your vision & dream into reality & that is you. Sometimes we have to swallow the hard pill & keep speaking up, especially if something is that important to us. I used to get annoyed with my husband because I felt like I was always the one who initiated the uncomfortable conversations. I felt like I was the one who always rocked the boat & I felt like I was being 'too much' especially as he didn't seem to know how to respond or what to say. The thing is I had a big value around speaking up & being open & honest. I promised myself that I would have a voice in my relationship. Now I didn't always get this right whatsoever. This was before I knew about shadows. I look back & can see that I was speaking from shadow on many occasions & as I have said before shadow triggers shadow. So, yes it was messy at times but the more work I did on myself, the more I learnt about shadows, the closer & closer it brought me to my ideal relationship scenario.

These days I am far more eloquent in my communication & know what works for my relationship rather than against it. I know what sort of language my husband is more likely to respond to. This is all because I learnt to follow my intuition & take risks. Once you can do this you start to claim back your power to create rather than feel like you are a victim in love.

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Own your decisions & decide what your rules are going to be for yourself when it comes to love - ideally when it comes to making decisions about your romantic life, you will be letting your intuition & your values & desires lead you. This means that you need to learn how to trust your intuition. You will have a unique way of knowing what feels right or good for you (& the answer rarely comes from your head).

At the end of the day you never know what is going to happen & so you have to back yourself & your ability to deal with whatever the next step reveals to you. Getting clear on your vision is crucial. Asking yourself the question 'How do I want to show up in love? Who do I want to be? What will help me & my relationship flourish?' Decide that chaos & conflict are not going to be the order of the day. Decide that you will find a better, more harmonious way & that your intuition will lead you there. Commit to taking responsibility for your emotional & physical well-being.

If you are clear on your vision & you know what is important to you but you are still not clear on whether to take a certain action I generally recommend waiting until you do get some clarity. If it is a decision that needs to be made in the moment, often you just have to say to yourself 'I'm not 100% sure if this is the right thing to do, but I have my own back & will do whatever is necessary following on from this decision.' This is how you learn to trust yourself.

Get Curious - if you know that you can get stuck in beating yourself up about past mistakes it is likely that you have an inner child who wants to get things 'right' & she fears being punished for getting things wrong. Ask her what she wants from you. It is often the case that she is not getting the love & attention she needs because your inner perfectionist is getting in the way.

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This is called a disowned self in psychotherapy. Here, we disown the parts of us that we find it difficult to be with & we do this by bullying them & making them wrong. Re-integrate or bring these parts back into your heart centre & give them the good parenting they may not have received when it came to making decisions.

Here are some specific examples in romantic relationships:

Communication - Let's say that you have a desire for more passion in your relationship & would like to discuss it with your partner but you feel a lot of fear. I don't think that you will ever really be free from a certain level of anxiety when it comes to bringing up sensitive issues. Women have been taught to stuff down their desires & their voice, so speaking up can bring a lot of fear. I still notice some anxiety coming up when I bring up certain topics with my husband. But my motto is 'feel the fear & say it anyway'. There is no perfect timing. The fact that you have had an intuition & you have a desire around this topic is all the information you need to take a deep breath & speak up.

There are obviously certain ways of saying things & it is always important to take responsibility for your own feelings & thoughts about the topic rather than blaming your partner. It is not great to go into a conversation with demands (spoilt brat syndrome) or perfectionist standards. I recommend instead bringing up a subject in a more general way & asking your partner what they think & whether they would be open to exploring how you could bring more passion into the relationship together.

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For e.g. “I have been feeling disconnected from you lately & I have been thinking I would love there to be more passion & spontaneity between us. Are you open to exploring this topic with me?”

In this way it becomes a joint effort, where both parties get a say & where you are working towards a joint vision. Of course, it also helps to be open to your partner's current thinking & current emotional state & being prepared to use compassion where necessary.

Dating - if you are currently dating & you often find yourself overthinking the do's & don'ts of the dating world. Make a commitment to trusting yourself to make a decision in the moment you need to make it. Always come back to your desires, values & standards here. Trust your gut as they say & if something feels off it usually is. If you are still not sure, don't take action until you have more clarity.

On the other hand it also does not matter if you take action & get it 'wrong'. In practice there are no mistakes, only learning. You will then be in a far stronger place the next time a similar decision comes around because you will have exercised that trust muscle again.

This is why I don't give general relationship or dating tips. It really depends on you & your unique situation & what energy you are taking the action from. If you are in shadow you might get what you think you want but it won't feel good. However, if you act in alignment with your values it will feel much better. Only you really know & there is no better time to start trusting yourself to show up & create the romantic situation you want than now.

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Act with Integrity: Do the right thing (even if it is hard or uncomfortable). If you are lying to yourself or your partner in any way (even those little white lies), decide to show up with honesty. If you are manipulating the truth, ask yourself 'why am I lying here?'

What is the story, the fear or the uncomfortable feeling you are trying to avoid? This is the equivalent of being a woman or man of your word. The more you can do this, the greater sense of inner security, inner authority & trust you will feel. You will be able to trust yourself to discern the difference between right & wrong when it comes to behaviour & your spoken word.

Do the Scary thing! - I have addressed this in relation to communicating with your partner. However, I want to add a few more points. We are often encouraged to do the scary things in life & no doubt about it when we take action in the face of our fear it can create huge transformations. It pays to be discerning here though because if your mind is telling you to leave your relationship this could well be a shadow speaking & following this voice would literally result in you going against yourself.

So an important way to tell the difference is to ask yourself firstly, is this action going to take me towards what I really want or is this action itself what I really want to do? If it is aligned with a pure, clean desire then taking the scary step will help you get closer to your vision. If it is shadow (i.e. it is designed to 'get' an outcome that makes you look good or gets you recognition or that helps you keep up a pattern of avoiding love, then it's probably not a great idea as all you will be doing is acting from your wounding.

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Stop comparing - start to become more aware of when you are making comparisons between your relationship & that of other people. Limit your time on social media if this is the main place you tend to fall into this trap. Also, know that what other people portray or project on the outside is often far from what is going on behind closed doors. Comparison is the death of joy! You will notice that you always come off worse.

When you do find yourself comparing, firstly be kind to yourself, then ask yourself 'what is the feeling I am struggling with here?' Usually we get ourselves caught up in a fight with our emotions & because we have let ourselves get triggered we then feel bad & try to get rid of the feeling. Getting rid of it doesn't work however. We need to acknowledge it & feel it.

Example: So if you are feeling like a failure, what is the actual underlying feeling? What feeling needs acknowledging? Use the audio 'Transmuting Pain' if you need help with this.

When you can be there for yourself in the difficult moments you are not only taking responsibility for your emotional well-being but you are also demonstrating that you have your own back. This is you being the source of your own love & once you have a strong sense of this within, like I have said before, you become a stronger match for receiving your partner's love on an energetic level.

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Notice where you give your power away to 'authority' figures - Do you constantly rely on other people's opinions rather than truly trusting your own inner guidance. Do you constantly source information from social media & make it 'your truth'? Be curious here. A sign that you may be doing this is if you get triggered by other people's posts on social media or by what other people say when you in person with them. If there is anywhere you end up feeling like you are doing something wrong in relation to what they are recommending or saying, then you are giving your power away.

There comes a time when you have to trust your own inner guidance otherwise you will forever be looking outside of yourself for the answers. This situation will usually be reflected inside of you too. Look out for the part of you that always makes you wrong. Wrong for feeling certain feelings, wrong for making certain decisions & wrong for not being as successful as it thinks you 'should' be by now in terms of your romantic life. When you fully own your own power you are also able to extend compassion & kindness to yourself, even when you think you have made mistakes.

Start appreciating yourself & your partner. Praise yourself, minimise inner punishment & bullying. Again know that when you are bullying yourself you are actually just avoiding feeling a feeling.

This is an example of what I call 'inner gas-lighting' - we deny ourselves our own reality. Men thrive on feeling that they are providing for a woman. Even if you feel reluctant to offer appreciation (because maybe you feel like you don't get it back) offer it anyway. This is a great way to bring more love & connection into your relationship.

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Know that you are on a Journey of Discovery

When you start acting with greater integrity in relation to your values, desires & standards your shadows will kick up a fuss! They are your comfort zone. They think they are keeping you safe & so will do everything they can to survive. When they feel threatened this can feel like a metaphorical death. It will be easier to default into old patterns rather than take a stand for what you want.

This actually comes down to the question of how you want to live your life. Ultimately you have to decide on what is more important!

How do you want to look back on your life if you get the chance to reach the grand age of 90?

Do you want to see yourself as a person who lived with integrity & lived in the way she wanted?

It really is this simple & we only have one short life. Which way are you going to live yours?

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