



Deeply Loved

**How to Heal Relationship Pattern
No. 3 - Victimhood and Bullying**

with

Michele Willmott

How to Heal Relationship Sabotage Pattern No.3 - Victimhood & Bullying

How to Heal this Pattern of Sabotage.

First of all it is good to know how a person who is able to channel their energy against this pattern of sabotage will show up. They will be energetic, decisive, courageous, persevering & loyal to the greater good of their relationship, as opposed to just behaving for their own personal gain. They will also be able to act with warmth, compassion & appreciation. They will care for themselves & their partner without over caring. They will also be able to generate transformation & new ways of relating because they are prepared to take action in pursuit of their vision.

To start embodying more of these capacities & qualities & using them to the benefit of your romantic relationship I recommend the following strategies & places for reflection & action:

- **First of all it's crucial to leave any abusive situations.** This could be verbal, emotional, physical or sexual. If this is your current situation & you cannot see a way to get out it's important to at least get therapeutic help with a view to leaving. This of course is of paramount importance for your own health & well-being & essential for you if you want to attract & create a relationship where you feel deeply loved & cared for.
- **Learn how to channel your anger & frustration** into forward moving energy, motivation & passion. Anger has been labelled as 'bad' in society & so again we often try to get rid of this feeling by struggling with it. It's okay to feel angry & it's important to process it in a healthy way otherwise it will more likely come out in a way we later regret. It is not ok to use anger against our partner, but of course it can happen in the heat of the moment. This is where we need to make a pact with ourselves not to take our anger out on our partner.

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You can try speaking your anger out loud to yourself in the form of a conversation. This will help you to validate & acknowledge the part of you that feels the anger, for e.g. 'It makes sense to me that you feel angry considering that xyz happened'. Imagine you were talking to your own child & wanting them to know it's okay for them to feel their own anger rather than take it out on their friend or their sibling. So validate that part of you.

Another good way of processing anger is to pummel a pillow or cushion or have a good scream or shout when you are alone or perhaps sitting in your parked car.

Once you feel & acknowledge the anger you will notice that you have more energy & then you can direct this energy towards what you want to focus on or towards taking your next step. In this way you are using your anger as fuel in a healthy way.

- **View conflict differently** - whilst the ideal is to have very little or zero conflict in your relationship, if you are experiencing conflict at the moment in your relationship it is important to see it in the following way. Conflict itself is not a problem in & of itself (unless it is abusive) because it is what it is. It indicates the presence of shadow & fear based thinking & this is the norm for many people. Until we start to undo our old, out of date ways of behaving it is going to happen.

It is more important to then take responsibility for your part in that conflict. The best thing to do is to agree to come back to each other & have an honest & open conversation about what happened. Apologise if you think it is necessary, hold your hand up & admit where you were in shadow. Be honest, be vulnerable in the moment. If you feel fear about owning up, say 'I am feeling fearful right now, I want to be honest & open with you & to take responsibility for my part in that argument'. So you are expressing your values & what's important to you.

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A good man will be open to listening to you & whilst he may still show signs of defensiveness, especially if you are not used to communicating in a more open way with each other, he will not tell you to 'get over it'. If he does, express how you are feeling again. It's not that we have just one conversation & we are done & our relationship is perfect. Say that you feel like you are being dismissed & this feels hurtful & you feel sad or fearful because you think it means it might end up with you separating. Think about what your shadow is fearful of & try to name it, even though it might seem illogical.

If you can do this with a calm voice & without attachment to him meeting you where you want to be met, but from a standpoint that you value your self expression & the fact that you are not willing to hide yourself, this will come over in your tone & message. This is an opportunity for your partner to be curious about what is going on for you & to step up & adapt his behaviour. If your partner is not willing to hear you or to take responsibility for his part on a repeated basis, then maybe it is time for you to seriously think about moving on.

However, if you know your man is a good man, then you can still turn things around hugely. In my experience it is rare for a woman to fully embrace her vulnerability & speak it in such a way that her partner can truly hear her. Women tend to speak in riddles & whilst they think they are being clear & fully honest, they often are not. Don't forget true honesty involves saying what is happening to you, what you are feeling & what stories you can see that your mind is making up. Honesty is not your opinion of what your partner should or should not be doing in your eyes. That is just judgement.

Sometimes doing nothing is actually okay when the conflict is small & not worth discussing. You don't have to have long, drawn out conversations every time you have a slight disagreement.

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When you & your partner both start to own your baggage & your responses, sometimes you will find that you can just laugh about it or it just disappears because you both know that you were being 'shadowy' as I like to call it. The way you would know this is if you are able to carry on as if nothing happened.

This does not mean you are avoiding the issue, it's just that you were able to 'get over it' in the moment. You were both able to own your shadows & you know that they are not worth your time & your effort. It takes some work to get to this point but the more you take responsibility the less conflicts you will have & the it will be easier to navigate them.

- **Discipline your mind** - Improve your ability to focus & think clearly by disciplining your mind. The best way in my experience is through meditation. The reason I say it is important to discipline your mind is that it can tell you a load of rubbish when it comes to love. We need to be able to discern what is rubbish & what isn't. Often it is our main form of sabotage, when we 'buy-in' to what our mind is telling us.

There are many forms of meditation you can explore. In my experience there is nothing better than sitting down & watching your mind & all the thoughts that come & go. If you sit there for long enough you will notice that your mind can sound quite insane. If you ask your mind 'do I love my partner?' or 'should I leave my partner?' you will probably get a 'yes', followed quickly by a 'no'. It is not wise to follow your mind a lot of the time when it comes to relationships. I make a point of ignoring mine unless I feel it is being useful.

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I recommend sitting & watching your thoughts coming & going with a guided meditation playing in the background on a low volume & one that has sound technology or binaural beats in it. This sound technology slows your brainwaves down & helps you access a calmer state of mind so that you can start to experience gaps between your thoughts. You can find many examples on Youtube. Here are a couple of my favourites:

<https://www.youtube.com/watch?v=frGIK7iEKmU>

<https://www.youtube.com/watch?v=HPb3Z6H36pA>

Many people sabotage themselves when it comes to meditation saying 'I can't meditate. I can't clear my mind of thoughts'. That is not the point. What you need to know here is that this IS resistance of the mind. It does not want you to release yourself from all its stories. This is how shadow gets to stay in control. If you remember back to the last presentation on the types of behaviour that go with this pattern of sabotage, you will have heard me say that the victim is often too rigid because she is trying to punish herself. However, meditation is the area where you are allowed to exercise some discipline because it is for your own benefit. Although of course you could beat yourself up if you happen to miss a day, so watch out for this one too. Start now. I've been meditating for over 20 years now, yes it's a long time but it has been one of the tools that has made the difference to my mental & emotional well-being & this of course has an impact on your relationship.

- **Thought Stopping** - Another way of disciplining your mind is to practice thought stopping. Thought stopping is very useful when you notice a thought that is starting to formulate in your mind & which you know is going to not be useful to you whatsoever & it is likely going to trigger your emotions.

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You know those catastrophic thoughts that create fear & anxiety, the 'what if xyz happens'. For e.g. 'What if I speak up & my partner is aggressive or dismisses me & my relationship is going to fail', the thoughts that take us to that catastrophic, worst case scenario. It is not possible to stop every thought of course & if you are triggered it's too late. But this is okay because then it is a case of just acknowledging your emotions in the moment. Thought stopping is like a first line of defence but it is not to be used to deny yourself your emotions when you are feeling them.

You will be less likely to buy into all of the stories about your relationship & your partner when you can utilise this tool. Remember also, we are to a large extent, addicted on a bio-chemical level to our negative thoughts, so anything you can do to help create some space for yourself is good. In this way you will become more & more present & more able to choose your feeling states rather than being on automatic pilot, reacting in ways that you don't want to react & drowning in your sorrows.

- **Look after your body**

Your physical health can hugely affect your emotional & mental well-being, so it is also essential to take full responsibility in this area. Looking after yourself on all levels is important to helping you show up in a healthy, loving way in your relationship.

So when it comes to your physical body you may like to reflect on the following questions:

Do you need to bring any discipline into your life with regard to exercise or your diet?

Do you know that certain foods affect your emotions yet you still keep eating them?

Do you over work yourself & go to bed later than you know is good for you?

Do you say that you are going to take up regular exercise but then go back on your word?

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- **Be prepared to honour & take action on your intuition** in any given moment. Intuition in the moment that is acted on creates transformation faster than any other way. It does not mean that it will be easier but it will definitely be a quicker route to what you want. Even if you are not entirely sure what your intuition is, often the only way you will learn to honour it is to take action on what feels like an intuition.

Remember that it is not always a good idea to listen to your mind. However, if a thought is encouraging you to take action & you know this is aligned with your values & it feels 'right' go for it. You will end up taking action that might seem like a mistake on the face of it, but in reality there is only learning. Some of my biggest 'mistakes' in my marriage have created the biggest transformations. Some of the times I tried to lead my husband or to train him or to encourage him to do some personal development work as some of us women have a tendency to do, they were 'mistakes' because I would never do them now, but they created big shifts in our relationship because I was acting on an intuitive hit in the moment.

Being courageous is a great way to counteract the victim mentality. Because this shadow is so worried about all the 'what if's' in life it is important that you decide to do whatever it takes to deal with a situation that does not go in your favour. At the end of the day life happens & it can bring you situations that are hard to deal with. However, rarely is it as bad as your worst case scenario in your mind.

- Access & enlist the help of your impersonal self. This is the part of you who doesn't fall into the trap of being over emotional. If you can make decisions from a non-emotional place but rather in alignment with your vision you will be less likely to take action that you will regret later.

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When you allow your emotions to guide your actions you run the risk of letting shadow rule the day. For example, notice any fear when it comes up, feel it momentarily but separate yourself from the story that goes with it. Take a step back & ask yourself 'is this action aligned with my vision?' If yes, again go for it.

- **Use compassion & be adaptable** - Be prepared to use compassion & adapt your boundaries in the moment if necessary, otherwise you may end up being overly rigid with yourself & your partner.
- **Give yourself & your partner space.** Healing this pattern of sabotage is all about creating energetic space. If it is obvious that your partner is struggling, give him some space. This may feel really difficult because you may feel very uncomfortable. However, your emotions are your responsibility & your partner's emotions are his responsibility. When you try to make your partner talk & open up when he is not ready the chance is you will not receive what you want to hear. He will not be able to meet you where you want to be met because he is still processing. In these situations it is best to try & distract yourself & do whatever you can to self soothe if you are struggling.

If you really feel a conversation is important, always ask permission i.e. 'would you be available for a chat today? I would really appreciate expressing how I am feeling right now' Make the conversation about how you feel, again taking full responsibility for what is going on for you now rather than bringing up the past scenario of what he did or didn't do. This requires radical honesty & can be scary but this is much better than pointing out everything your partner was or is doing that is hurting you.

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When you rush in & try to fix the situation it is quite a selfish act really, because you are trying to save yourself from feeling discomfort and ultimately you are saying to your partner 'I need you to be okay so that I am okay'. It is not their responsibility to make you feel ok.

- **Look at anywhere where you are being overly rigid** in your life. We are often rigid because we feel out of control. Are you rigid when it comes to eating or exercise? Where could you bring in a little flexibility & balance? Do you berate yourself when you miss an exercise session? Do you use food to drown your sorrows or mask your loneliness? Where are you being a taskmaster in your relationship wanting everything to be just so?
- **Take a time-out.** If you are feeling overwhelmed during an argument or heated conversation & you know you are not in a good place to respond proactively, call a timeout for yourself. Say 'I really need to take some time out, I'll come back when I feel calmer'. Go & do something alone that soothes you—read a book or magazine, take a walk, go for a run, really, just do anything that helps to stop you feeling overwhelmed—and then return to the conversation once you feel ready.
- **Build a culture of appreciation in your relationship.** This will help counteract & prevent the appearance of contempt between you & your partner. It also helps to keep the focus on what is working rather than what is not working. If we do not make a point of stopping to take stock of how far we have come or all the little things that we achieve in a day, our brains often default to the things that we think are wrong or missing. In the early days of trying to communicate more effectively with my husband we brought in an appreciation practice on a weekly basis.

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This was a great way of taking a few moments to stop & recognise all the things we often took for granted that the other person did for us . Now whilst we don't do this as a structured practice anymore as it comes more naturally for us, it was a great way to start the ball rolling in the right direction. You can verbally appreciate something about your partner's personality that you like or in reference to something that they have done for you or for the family, no matter how big or small. It is also a great exercise to add in appreciations for yourself too, as it is even easier to berate ourselves. It usually helps to bring in a structure around when & where, to help you remember to use the appreciations. This could be at the end of the week at dinner, or even every evening at meal times. If you regularly take walks together you could do it when you are on a walk.

- **Take responsibility** - I have mentioned taking responsibility numerous times throughout these presentations, but it is worth re-emphasising. Whilst your partner may trigger you, you are still responsible for your behaviour & thinking. Your thinking triggers your feelings & your feelings feed your thoughts. This is how the cycle goes. Imagine if our partner was really responsible for all of your emotions & behaviour, they would literally have to be perfect for you to never get triggered, to never feel a negative emotion or think a negative thought. It is a waste of energy to continually get stuck in blame when the truth is we have the power to change how we feel & how we behave. Of course it doesn't feel easy but we can start changing the tide of unhealthy behaviour in our relationship by starting with ourselves first.
- **Don't take too much responsibility!** Whilst it is crucial that you do take responsibility for your own well-being, I'm also going to say don't take too much responsibility. So how does this work? Taking responsibility does not mean you never get to express how you are feeling.

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If you are feeling sad about your relationship, yes take responsibility for allowing yourself to feel this & not get stuck in a story of woe & disaster, but an important part of being in relation with another human being is to share what is going on for you. We heal in relation to other people. This is especially the case when you think your emotion is affecting the relationship & you have a desire for things to move in a healthier direction.

Many people get stuck in managing their emotions & convince themselves that they 'should' be feeling positive all the time. This is like a band-aid & is a way of avoiding showing up fully. This is a great way to ensure that you never receive the kind of love that you really want because you are always going to be holding back from bringing all of who you are to your relationship. By doing this you also never give your partner a chance to show his support & thus create the deeper connection between you that you are looking for

- **Increase your energetic container.** What I mean by this is, when you are feeling negative, hurt & despondent about your romantic life, if you stop to notice you will be very contracted in your physical energy. Your body will be tight & tense, no doubt you will be holding tension in your jaw or your hands, shoulders or neck. If you are in this state of being it will be very difficult for you to call in any support because you are sending out signals saying 'don't come near me' & 'I need to keep myself small'. Listen to the Bonus Audio 'Expanding Your Energy to Call in More Love' this will teach you what to do in order to open yourself up to being in receiving mode on an energetic level.

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- **Take Back Your Power.** This pattern of sabotage is really all about giving your power away to an external situation or your partner. The biggest thing to remember if you think that you have a big tendency to fall into this pattern of sabotage is to remember that you have much more power than you realise. Now is the time to start taking it back by taking some different actions that will fly in the face of your current love scenario. In order to create what you want in your love life, it requires different thoughts, feelings & behaviours. Bringing in internal boundaries with the practices I have discussed will help you start to embody a new way of being & you will start to see the positive effects, not only on your emotional well-being but also in your romantic life.

Sometimes you literally have to do the opposite of what you have been doing. For example, if you are used to going to your partner & insisting that they open up & talk about their emotions, give them space, don't go to them. Think about it, whatever you are doing at the moment isn't working is it, so start doing something different. It won't be easy to start with, but the more you put this boundary in for yourself the easier it will become & the better for your relationship.

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