



Deeply Loved

How to Heal Sabotage Pattern
No.4 - Overthinking

with

Michele Willmott

How to Heal Relationship Sabotage Pattern

No.4 - Overthinking

Start to notice where you are following your should-do's - all those thoughts that come from a place of pressure & which are getting you to buy-in to a lack mentality. Most of these come from a perfectionistic outlook & it's a way of saying 'if I don't do xyz I am not enough or I won't have enough or I won't get'. Are you leaving time in your day for play, relaxation & some fun. Are you trusting yourself to do things according to your intuition or are you too busy getting caught up in getting all your ducks in a row & trying to make your life & relationship perfect at the expense of doing things according to your intuition & having faith that you can create more of what you want? People who get caught up in this pattern of sabotage tend to be very serious but there is lots more room for fun as we know life is too short!

Start to notice where your relationship communication is always looking at things from a black or white perspective - ask yourself what is the truth in what I am saying or my partner is saying, but also what are the other ways in which we could look at this?

When the communication is like this it will feel heavy & dry - all doom & gloom & no room for magic. Make a pact to flag your own saboteur. I often say to my husband 'my saboteur is telling me xyz' or I flag it after it has spoken (because let's remember that we often don't realise we are in our saboteur because it is so slippery & cunning). This way we create some separation from its stifling nature.

Notice when you are looking for evidence that what you want is coming, that your partner is committed, that he is changing or that things are improving. This is evidence of your mind taking over & the extra vigilant part of you trying to take over the control.

What if not looking for evidence was the energy to be in, in order for the evidence to appear? What comes up for you here? Does this feel scary? Welcome to your Saboteur who doesn't want to lose control!

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Cultivate a no-thinking state of mind - make a conscious decision to not succumb to overthinking or any thinking at all if you can, when you realise you are in your mind over analysing everything. Get into your body, move, distract yourself. Start to practice being in the space of not-knowing. This might feel confusing & uncomfortable at first because you & your mind are used to trying to 'look' for the answer. However, the more you can relax & 'be' in this space where you don't know what is coming next the more opportunities you will create for transformation and magic.

Better still if you can learn to be excited in this space of no-thinking you will start to become more & more a magnetic match for what you want to come to you.

This practice together with an open heart will create more freedom in your romantic life. At first it may seem like you are having to 'wait' & you may fall back into your overthinking mind, but just keep reminding yourself that an open mind & I mean this in a literal sense, gives you a much greater chance to bring in an intuitive hit - such as a nudge to go & give your partner a kiss or to say something appreciative.

Start to practice non-attachment to outcome - magic & transformation will come when you are not attached to it coming a certain way. It takes the pressure off yourself & your partner. Again at first your shadow might be disappointed if you are not seeing evidence of what you want from your partner. Disappointment is okay. It is an opportunity in itself as are all your negative emotions.

As I shared in the last presentation, your negative emotions are necessary. They are what is needed for you to be able to feel your joy, your aliveness & your appreciation for life. Imagine a world where we only felt joy, it would get rather stale after a while.

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We human beings are wired for contrast, it is what keeps us moving forwards & connecting with a sense of meaning & purpose.

What if your partner could be free to show up & create magic in his own way & not according to how, when & where you want it? Wouldn't you prefer that for him & for yourself?

I know that my husband certainly shows up in a far more magical way when I give him the freedom to do so that is not bound to my timings or expectations.

Take responsibility for your boredom - go do something different & allow yourself to really feel the discomfort of the boredom itself rather than making it into a story.

Notice where you are justifying your reasoning or behaviour when you are communicating with your partner. Ask yourself why you are doing this? What are you trying to cover up & what are you not being honest about in terms of how you really feel?

Similarly, notice where you are talking about the past & using it as your evidence as to why the future will be the same.

Make a commitment to being on time for appointments & meetings.

Notice when you are saying 'I don't have enough time'. Make a pact with yourself to stop saying this. Whilst it may be true to a certain extent (here is the truth of the Saboteur), we always have a choice about how we live our lives & what we spend our time on, even if we think we don't.

Stop buying-in to confusion & self doubt. If you notice yourself feeling confused & more to the point buying-in to the story that goes with the confusion first of all realize that you are doing this & secondly separate yourself from the story. The confusion is fine in & of itself. It's the story that goes with it that is the problem.

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What if it was okay for you to be confused? What if 'confused' was your main entry point into the space of 'not-knowing' that I have been talking about? Why does 'confused' need to be a problem? It is only a problem if we make it one. You can also ask yourself here, what is underneath my confusion? Dig a bit deeper. What is your real concern or fear about your confusion? What are you making it mean?

When you get to the core of the issue, notice which of the 4 patterns of sabotage the fear comes into. So, to recap: 1) Is it your fear of being rejected, humiliated, shamed, or judged by others? 2) Is it your fear of being abandoned & unloved? 3) Is it your fear of things going catastrophically wrong? 4) Is it your fear of getting things wrong & making a grave mistake?

At the end of the day, again it is okay to feel fear. What if you could give yourself permission to feel the fear without the story, in the knowledge that this will help you transform the fear in a matter of a few seconds? Remind yourself 'I am allowed to feel this. I am actually allowed!' The discomfort we feel is actually not a real emotion in many ways. It is more of a resistance to the true feeling. It demonstrates an attachment to the story we are telling ourselves. The feeling without the story can be transmuted in your body in a few seconds when we don't make the story matter. And don't forget the fact that we resist our emotions in this way because certain emotions have been labelled as bad & we have received certain messages in our life that say 'don't feel that'. You are more than allowed & this is HOW you avoid getting stuck in a story of woe or disaster.

Notice when you are holding your partner to unrealistic standards. Notice what the story is here if your partner doesn't meet those standards. Does it mean you need to leave & find someone better? Ask yourself 'how do I want to relate to my partner in terms of my desires?'

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Do you want, for example, to be the sort of person that is understanding, compassionate & who leaves room for trial & error or do you want to be a taskmaster?

Let your saboteur speak itself out. It will have a tendency to do this anyway without you realising, because like I have said it is the voice of the status quo. I call it the patriarchal 'NO!' You will hear this voice in many people who encourage you to be responsible & do the 'right' thing. It often puts a damper on things & you might hear it when you are voicing your excitement or passion for something in your life & your partner says something that is the equivalent to a 'no, I don't think that's a good idea'.

If this happens I always recommend expressing how you feel in these situations i.e 'I feel hurt that you said that because I feel really excited about doing xyz'. Give him a chance to express himself & you can always identify the fact that whilst there may be truth in what he was saying there are numerous other perspectives. In many ways when this happens the other person is trying to help, but unfortunately it doesn't tend to have this effect because we end up feeling shut down.

Learn to separate your ego from your emotions without repressing the emotion. Eugene Gendlin developed a psychological exercise called 'focusing' that is useful when you sense the onset of strong emotions. Sit in a chair & as your feelings come up, imagine them being placed in the middle of the room one at a time. Observe the feeling & imagine or see what colours, shape or energy each one has. Just notice them for what they are without making up a story & when the force of the feeling is no longer there you can imagine banishing them from the room. This is a good way to channel the energy of your repressed parts.

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These are a number of ways you can start addressing this common pattern of sabotage. Out of all of them I recommend getting used to being in a space of not knowing what is coming next. This is how you can grow that muscle of trust. The easiest way to get into this space is to notice when you are stuck in your head ruminating & over analysing. When you get a strong urge to do or say something, go for it & see what happens, you will learn from taking a risk & doing things that don't always seem to make sense.

Don't forget a magician is like a court jester, he is always willing to look & act like a fool because he knows this is how magic is made. And when I say fool I mean he is willing to make mistakes plus do things that other people might judge him for.

At the end of the day he is doing it ALL for one reason & that is to ensure that you live a life that feels authentic to you & that meets your vision, values & dreams. Otherwise you run the risk of living only half a life, which is also fine unless you want to make sure that you give everything your best shot.

Nora Roberts quite rightly quoted 'You have to trust or you are only living half a life'.

It ALL comes down to HOW you want to live your life.

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