

My Relationship Sabotage Story

Where to start. Okay, yes I know.

Back in the year 2000 I called off my wedding. I had been in a relationship with my then fiancée for over 10 years, we had got together when we were young, just 18. He was a nice guy but in all honesty I didn't see myself staying with the same person for all that time. I am amazed we stayed together for that long when I look back but I can see that this was partly due to my conditioning: that's the sort of thing everyone around me seemed to be doing; staying in a relationship, getting married, having children & so forth. I also wanted to prove that I could make this work. My parents had always stayed together & I think I tended to see their relationship through rose tinted glasses, when I know now that it definitely wasn't a bed of roses!

My fiancée & I separated a couple of times but always got back together, this then seemed to fuel my desire to not be seen as a failure & thus to make things work. As you can see, it was doomed really & let's say that things came to a head 6 months before we were due to get married. He asked me if I loved him & I couldn't say yes because I knew that I wasn't fully being myself in the relationship. Whilst I was petrified of leaving & didn't want to be seen by everyone as the woman who broke someone's heart, I knew that I couldn't go through with the wedding, despite all the invitations being sent out, the band being booked & the dress being made.

Following the upset & upheaval of calling the wedding off (I felt a whole lot of guilt & shame about this for a long time), leaving the house I had lovingly renovated with my ex-partner, I made a pact to spend some time getting to know myself & enjoying being single.

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I went on a few dates & surprised myself as I seemed to have developed some high standards about what I was willing to tolerate or accept when it came to men. Leaving such a long term relationship had without a doubt given me the courage to go for what I wanted as I didn't want to repeat the same mistake again. I decided I would rather be single than be in a relationship where I didn't feel seen or heard.

Despite having a plan to enjoy a few years being on my own, I then met my now husband only 1 year later. I fell for him hugely. We had lots of things in common. We had gone to the same university, we did the same job (we were both teachers) & he had also called a wedding off roughly the same time as I had done the year before (this demonstrates the power of our unconscious & the fact that we usually attract partners who have similar patterns of wounding to ourselves).

To start with, it was interesting. I knew that I really liked him, however I kept falling into moments where I would doubt him & us & put up my barriers. This made sense in many ways because it was obvious I didn't want to get hurt again or put someone else through the same hurt I had put my ex-fiancée through. However, this behaviour was evidence of my sabotage patterns coming through. My fear of being rejected, of being the rejecter & of really receiving the love I truly wanted.

If I had felt rejected before i.e. during my childhood (which was certainly a reality for me), for being who I was & I had felt I needed to hide myself or change myself in some way to be accepted & to be safe, then why would I now feel safe that it was possible to achieve such love, especially when my last relationship had gone so sour?

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This is where our sabotage patterns stem from. Even with the best will in the world, being a parent is often a thankless task. I like to believe that most parents, including my own, are trying their best. When they are stressed or tired it is not an easy task to have the energy for a small child and when they are not able to love themselves fully, it is a tall order to extend love to a child, especially when they also didn't receive it from their own parents in a healthy way. It must also be said, however, that some parents are simply not doing their best or taking anywhere near enough responsibility & many children unfortunately are the innocent victims of people who make one wrong decision after another.

No-one is taught how to really love themselves or the true nature of their own innate power to create a healthy, loving relationship. Many of us end up creating behaviours that are based on self preservation & self protection. The majority of these behaviours unfortunately end up being unintentionally manipulative, all because we are petrified of experiencing the same kind of rejection we experienced all those years ago.

This is why **the ego is known to use sabotaging tactics that keep love at arms length**. It does not believe that you are able to receive a beautiful love, where you are accepted for being the real, authentic you. Instead it thinks that it must hide, avoid & manipulate because this is the only way it knows how to keep itself safe from getting hurt all over again.

The trouble is what tends to happen over time in a relationship is that these sabotaging behaviours don't get any better. In fact they often get worse. This is exactly why the divorce rate in western society is so high. Here are some statistics for you: **42-45% percent of first marriages end in divorce. 60% of second marriages end in divorce. 73% of third marriages end in divorce.**

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Over time people become less tolerant of each other's faults & it is so easy to fall into the blame game that it often seems easier to jump ship & start again. This of course tends to be an illusion because most people take their baggage with them & create the same kind of relationship issues again & again.

It is also why people have affairs, because after a while their loneliness & lack of emotional connection gets too much to bear. I am not making excuses for this behaviour but it really is an example of where & how a relationship breaks down as a result of individuals sabotaging themselves over time & holding back from being real, honest & open.

Also people change, we all go through transitional phases in our lives. This happened to me in particular when I entered perimenopause. Yes, I was experiencing fluctuations in my hormones, which had all sorts of emotional, mental & physical effects, but I also took the view that I was being shown exactly where I was still holding on to out of date ideas about love & where my conditioning was still keeping me from fully opening up to receive the love I had always wanted.

I went through a couple of years of hell to be honest where I kept hearing a voice that was telling me I should leave my husband. I am going to tell you about what happened because I think it can happen to anyone & it is a great example of how we can give our power away to the parts of us that are intent on sabotaging our love life.

As a coach, I regularly would invest in myself on both a personal & professional level. I signed up to work with one coach in particular who was very strong & charismatic. She was of the opinion that the thing that we most feared was the thing we needed to do in order to move past the fear & sabotage & create amazing things in our lives.

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Unfortunately because I was experiencing a voice that was questioning my relationship as well as high states of anxiety in relation to my perimenopause, I started to feel even more anxious that leaving my husband was the thing I had to do, because this is what this successful coach seemed to be suggesting. The 'feel the fear & do it anyway' type of message. Now, I know this may sound weak & you may say why on earth would you listen to her?' However, I was a woman who was on a journey of embracing her desires & going for what she wanted. I could see things about my husband that made me question whether he was interested in working on himself & going to the next level.

As much as I tried, this voice kept coming back. I started to get anxious about the voice returning & what this seemed to be suggesting. It was a very uncomfortable time for us both, because I did actually tell my husband how I was feeling & what thoughts were coming up for me. He obviously felt threatened & also felt very disempowered as even though I wasn't blaming him & I was just being honest, it can't have been easy to hear & he thus started to come up against his own fears & shadow.

The one good thing that did happen, during this time, I am glad to say, was that I kept hearing another voice saying 'hold tight Michele' & this is exactly what I did. I was aware that menopause can bring up a lot of unhealed conditioned behaviours & I deep down knew that I loved my husband. We had the same outlook on life & shared values. I was also very attracted to him. He had always been my best friend.

I realised that I wanted to be the kind of person who went for the life she wanted to believe was possible. There were certain things about our relationship that I knew could be better. I knew we could have a better emotional & physical connection. I just felt there was something missing, although I did not know what this was, but it was enough to make me desire more.

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I wanted to be a woman who went for her desires rather than a woman who put everyone else first & quashed her true feelings & urges, never quite being able to live life in a way that felt alive & aligned with her vision of how she wanted things to be.

As I did more work on healing my shadows & sabotaging patterns things started to transform. I took more risks in terms of speaking up with more vulnerability & taking action in line with my desires. I decided that if my husband did not want to come with me on this journey then I would have to risk losing him. I was prepared to do what it took & go to the wire. It was this mentality & way of being that actually served to transform things for us.

Yes, it was uncomfortable & sometimes things got messy, but transformation is not easy & **the Magician or genius (a masculine archetypal energy)** in us does not care if he looks like a fool because he **knows how to create transformation FAST.**

Transformation involves a firm commitment to living life HOW you want to live it & thus being the person you really want to be for yourself & no-one else.

This is exactly what happened in our relationship. Transformation happened fast. In a matter of months we went from questioning whether we should be together, feeling despair & hopelessness to feeling more ease, freedom & connection than we had ever felt before.

It was a total rebirth of our love together. It didn't mean that we never had or have an uncomfortable conversation again but we put a stop to any arguing, my husband started to get more in touch with his feelings (his own healthy feminine energy) & became more able to admit when he was stressed or anxious & thus give himself the opportunity to do something about it rather than numbing himself. This was inspired by me leading the way by 'righting' my relationship with my own emotions & expressing them with more responsibility & vulnerability, which is a great example of how healthy feminine energy inspires a man.

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Coming back to the topic of sabotage in a more general sense: the irony is that it is often the behaviours that we use to try & get closer to our partner that end up with us being rejected or creating scenarios in our love life that are far from fulfilling.

Even those behaviours that we know are not helping become ones that we cannot help ourselves but repeat over & over. Just think, all those times you sulk, avoid, slam doors, criticise - there is a part of you that does not want to behave like this, but it seems like you just fall into these default kinds of responses.

All in all it is a recipe for disconnection, a lack of intimacy, freedom & fun & this is one of the biggest lies that perpetuates throughout people's love lives:

the LIE that it is not possible to receive a love where you feel completely & deeply loved for being ALL of who you are.

I want you to KNOW that IT IS POSSIBLE because I have created it for myself & my clients have & are creating this.

You have within you the power to change the whole trajectory of your relationship for the long-term: not just incremental changes here & there or what seems like a big change but which is then followed by a regression back to the default state of frustration, unhappiness & loneliness; but big change & in a matter of months.

What does it take?

It takes a desire to want to create this for yourself; a willingness & determination to go against your conditioned behaviours, emotions & thoughts & this involves taking some risks which your ego/shadow WILL feel like you are about to get rejected & thus try to stop you from doing.

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My view has always been that life is too short to not go for a great love. The thought of plodding along, hiding myself & settling is something I would not consider & so I was prepared to face my deepest fears & move way beyond them. It has not been easy, I wish I could tell you differently. However, it has been totally worth it. I would do it all over again because knowing what is on the other side, that is, a love & relationship that is free from arguments & which is based on freedom to be ourselves & be loved deeply on both an emotional & physical level is completely priceless in my experience.

I WANT THIS FOR YOU & this is exactly why I have created this starter course, so that you can start taking your power back from a society that wants you to believe that you have to hide yourself & be perfect in order to be loved in the way you want.

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