

**Deeply Loved**

**Relationship Sabotage Pattern  
No.1 - Low Self Worth**

*with*

*Michele Willmott*

## Relationship Sabotage Pattern No.1: Low Self Worth

In relationship terms this pattern of sabotage may show up in the following ways:

a) Firstly, there is a core belief that you are not good enough & are therefore not lovable as you are. This usually creates the belief that you are not getting enough love or what you really want in your love life.

b) If this is your pattern of sabotage you will find it difficult to see your own value & you will respond in ways that are based on the belief that love comes from outside of yourself. This generally leads to feelings of rejection or hurt when your partner is not available or does not show you love in the way you want it.

c) As a result of this it is likely you will not take action in accordance with your **values, desires & standards**. This is usually because there is a difficulty in acknowledging the fact that you have desires in the first place.

This is common for many, many women because if you give yourself permission to feel & own your desires you then have to carry the responsibility of the desire. This can be overwhelming for women who are so used to living by their conditioning, which has made them believe that their desires must go on the back burner & they should put other people first.

Owning your desires & your values can, at first, feel like you are putting yourself in a visible & vulnerable position where you may be at risk of being rejected or abandoned. However, the problem is if you say 'No' to those desires, this energy then becomes impotent & you find you are unable to create or attract what you really & truly want. This can feel like a double edged sword to start with where you feel damned if you do & damned if you don't.

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However, the truth is that when you start prioritising your desires you start living a life of aliveness & this in itself helps you become more attractive energetically to what you want. You start to see evidence of this working in your life & then you start to feel more trusting that you can create more of what you want in your romantic life.

d) In terms of relationship communication this pattern of sabotage is characterised by not being willing to speak up about how you are feeling or what you truly value.

There is a real avoidance of being vulnerable & a lack of true authenticity because of the underlying fear that you will be rejected in some way. You will worry about what your partner thinks of you & in your communication you will therefore tend to look for approval & acceptance.

As a result you may be prone to using communication that is unclear (even though you think you are being clear). You may also be a chronic people pleaser & use charm, neediness or make fun to try & get your needs met.

Unfortunately, all of these types of communication end up being unclear in their intention. They carry with them an agenda & are therefore manipulative, albeit unintentional. This is all shadow and when shadow is present it will trigger your partner's shadow. This is exactly why you don't receive the understanding or support you are looking for when you do try to speak up.

e) Addictive behaviours are often a feature of this pattern of sabotage too. These can range from full on addictions such as alcoholism but also include eating too much sugar or junk food, being needy or using seduction when it comes to sex or trying to get attention. There can even be an addiction to love itself, which brings the giddiness of romance.

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It is a wonderful high at the time but it is usually followed by a collapse of energy. This brings disappointment & even despair that the 'fix' is no longer available. This is when the addiction can cause depression & flatness because there is a sense of powerlessness in being able to manifest what you really want on a consistent basis.

This is why so many relationships stagnate & falter time & time again without moving past their issues.

f) Over caring for your partner. Many women fall into this category always worrying about their partner, taking too much responsibility for their emotions & constantly anticipating their needs. This serves a function because then they do not have to truly own their desires, values & standards.

I speak to many women for example, who are too scared to speak up & express their emotions because they are worried about hurting their partner. This is the shadows way of reinforcing the illusion of safety. If the underlying belief says when you own your desires & values & you speak up with vulnerable emotional expression you may be rejected, then of course you will not feel safe to do this.

The truth is safety comes from us i.e. we create within ourselves first & foremost & then we become an energetic match to relationship scenarios where we feel safe. Any such behaviour is co-dependent.

g) The lack of self worth is due to a lack of commitment to actually owning your worth. We are not inherently worthy, as some might tell you. Self worth is something that we must choose & decide to own for ourselves.

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This lack of commitment has the knock on effect of ensuring that you are always looking for evidence & attached to 'getting' a specific outcome before being willing to take action that is aligned with your values.

h) Emotions - Lastly, this sabotage pattern tends to feature strong & painful emotions that can go as far as triggering suicidal feelings largely because a person feels worthless & has no real sense of belonging.

Shame is a regular feeling that crops up over & over again. There is a fundamental belief that there is something wrong with you & thus an inability to access feelings of deep love within yourself.

This is another sign of addiction in many ways because there is an addiction to certain thought patterns, which trigger the emotions & in doing so reinforce the feeling that there is something wrong with you. For example, the feeling that you will only be loved if you look a certain way, which plays out in being overly focused on your physical appearance. Any such behaviours are again rooted in shadow & can impact your relationship with yourself & a partner. Essentially they are a way of neglecting your own needs & avoiding feeling your feelings.

As you have probably gathered so far all of these examples represent an underlying fear of rejection or abandonment. In summary, Low self Worth actually results from not being willing to live by one's values, desires or standards.

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This pattern of sabotage is the domain of the archetype known as the Prostitute or sometimes known as the Addicted and Impotent Lover.

Her main statement is “I can’t afford to”. This really means ‘I am not willing to value my dream, my desires or my own values’.

So for example, ‘I can’t afford to speak up & say what I want,’

‘I can’t afford to be vulnerable,’ ‘I can’t afford to show all of my emotions’

‘I can’t afford to spend money on bettering myself’, ‘I can’t afford to take time out to nurture my relationship’, ‘I can’t afford to care of myself first.’ Because if I do that I risk being cast out of my tribe.

The Prostitute is controlled by her fear of being cast out of her tribe (her family, friends, colleagues, the general status quo) & her fear of rejection & abandonment.

In summary, if you get stuck in this pattern of sabotage nothing will change. In order to live the life you want & create the relationship you truly desire, it is hugely important to decide that you are worthy of your desires.

Decide to back yourself & be prepared to acknowledge & take a stand for your desires in alignment with your values.