

# Unconscious Sabotage & Conflict

## Questions to ask yourself & reflect upon

- **How do you show up in arguments?**  
Are you a victim, a bully, a child, a know-it-all or an avoider of conflict?
- **Why do you think you do this? What are you trying to get, make happen (control) or what is your deep down fear that causes you to act in this way?**
- **Do you take responsibility after an argument & see where you were not being honest or where you were trying to manipulate your partner into doing something or being better? What is your normal response afterwards?**
- **Are you able to gain some learning from the conflict or do you remain feeling stuck or acting in a way that you don't really like?**
- **On a scale of 1-10 to what extent are you really & truly honest about your greatest fears & concerns?**
- **On a scale of 1-10 to what extent are you able to express yourself with full vulnerability & remain unattached to the outcome with your partner?**

If most of your answers above are in the negative, do not worry, this is common. The truth here is that shadow is running the show & when you know how the difference between shadow & love, you are in a great place to navigate these situations with success.

The more you can commit to learning about shadow, the better. It absolutely changed my life in all areas & continues to help me live in a far more aligned way.

If you would like a comprehensive study course that covers everything you need to know about shadow, [please check out Deeply Loved here.](#)

*Michele Willmott*