

A romantic scene of a man and a woman standing back-to-back, looking out at a sunset over a body of water. The man is on the left, wearing a dark purple t-shirt, and the woman is on the right, wearing a white floral top. The background is a soft, golden sunset over a calm sea.

Overcome Your Relationship Sabotage

Self Assessment Exercise

Michele Willmott

Self Assessment Exercise

Here are some Self Assessment questions to help you get greater clarity about the extent to which you are sabotaging your romantic life.

I recommend jotting down your answers to the following statements in a journal or on a piece of paper.

Use a scale of 1-10. (10 being 'Yes, I fully agree', 1 being 'No, I fully disagree').

1. I love my partner but fantasize about leaving him.
2. I am in an abusive relationship.
3. I constantly feel I am waiting for my partner to change.
4. I regularly think 'I don't know how to change things for the better?'
5. I often get fed up with all of the things I do for my partner & never get much back in return.
6. I spend a lot of time questioning my partner & criticising him in my head.
7. I feel sorry for myself on a frequent basis when it comes to my love life.
8. I often compare my relationship with others & think I am missing out. This makes me feel inadequate on some level.
9. I hide my true self & my most honest feelings in my romantic life.
10. I spend a lot of time in my head trying to work out how to improve my relationship.

Michele Willmatt

Self Assessment Exercise

continued.....

11. I fear that my partner will leave me because I am not enough.
12. I fear that I need to leave my partner, but I love them & don't want to leave.
13. My relationship is fraught with arguments & conflict on a regular basis.
14. I often feel like I am doing something wrong in my romantic life.
15. I wish my partner would initiate more when it comes to quality time together.
16. I often think that there is someone out there who would be a better partner.
17. I can end up sulking or being passive aggressive in my relationship.
18. Sometimes I am needy around the topic of sex.
19. I often look for relationship advice & tips online.
20. I often think that I am making too big an issue of what is going on in my relationship & think to myself 'I shouldn't complain, other people have it so much worse'.
21. I think women are more emotionally intelligent than men.
22. I 'wear the trousers' in my relationship.
23. I often suggest to my partner ways in which they could improve or better themselves.

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Results

- If you have answered Yes to Question No 2 & your partner verbally, physically, emotionally, or sexually abuses you in any way, I highly recommend getting support to help you get out of this relationship.
- **If you have given yourself a score that is above 5 out of 10** for any of the other questions, it is highly likely that you are sabotaging your relationship on some level & therefore keeping love at arm's length. If you know that your partner is generally a decent person & that you still love them then you have a far greater capacity to transform your situation than you realise.

If you are experiencing struggle, conflict, hurt or pain on any level then this is a sign that you need to look more deeply at your own patterns of thinking, feeling & behaving.

This mini-course will help you start the ball rolling in the right direction.

I also recommend doing some deeper shadow work to uncover your unconscious sabotage. This will help you see exactly how your own unique sabotage shows up, so that you put a stop to it running the show & start creating more of what you want in your romantic life.

- **If your scores are, on the whole, below 5 out of 10** (aside from question 2), you are still showing some signs of sabotage. Your current behaviours, ways of thinking & feeling will be holding you back from going to an even greater level, even if you think your relationship is good on the whole. If you have a feeling that there is another level you can go to you are totally right. It is important to dissolve the shadows that are still at play under the surface & that are serving to keep a greater level of connection & intimacy at bay. Learning how to work WITH your shadows rather than having to try & fight them (which is how 99% of people relate to them) is the way to unlock your next level in this area of your life.

Michele Willmatt