

A couple is shown from behind, standing close together and 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 glow from the setting sun, with the horizon line visible in the distance.

# **Overcome Your Relationship Sabotage**

## **Self Assessment Exercise**

*Michele Willmott*

# Self Assessment Exercise

Here are 10 Quick Self Assessment questions to help you get greater clarity about the extent to which you are sabotaging your romantic life. There is a more detailed self assessment, which you can find in the end section of this course.

I recommend jotting down your answers to the following questions in a journal. Use a scale of 1-10. (10 being 'Yes, I fully agree', 1 being 'No, I fully disagree').

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

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# Self Assessment Exercise

## Results

- If you have answered Yes to Question No 2 & your partner verbally, physically, emotionally, sexually abuses you, 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 & keeping love at arm's length. If you are experiencing struggle, conflict, hurt or pain on any level, I highly recommend doing some deeper shadow work to uncover your unconscious sabotage. This will help you clear up your energy & step into your full power, so that you can start to create more of what you want in your romantic life.
- If you have given yourself a score of below 5 for the other questions (aside from question 2), you are still showing some signs of sabotage & shadow. Your 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. Again, in my experience, shadow work will help you get beyond your current ways of relating to your partner & help free up more space for a far deeper connection between you.

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