



MICHELE WILLMOTT
RELATIONSHIP COACH & MENTOR

Relationship Self-Assessment





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Please read the following before you take this assessment.

If you can set aside some time to read the information included it will help you understand the different patterns and categories of sabotage that we will be covering in our work together.

The questions are designed to help you reflect on your patterns of behaviour in your relationship that do not serve you or your relationship.

Most people sabotage when it comes to love because we have been conditioned to relate to love, our feelings/emotions and our innate power to create transformation in a dysfunctional way. It is therefore not really a question of 'am I sabotaging my love life?' It is more a question of 'in what ways do I tend to sabotage?'

We have all had to hide parts of ourselves as well as deny certain feelings during our upbringing and as part of our societal programming, this creates relational trauma. The trauma can often be subtle with messages such as: 'don't be who you are', 'you should or shouldn't do it this way' and 'do whatever you have to do to belong or get life 'right''. These messages create fear and a need to try and stay in control and this is a breeding ground for anxiety, depression, anger issues such as defensiveness and passive aggressiveness.

The dominant relational framework is therefore a dysfunctional one in our society. There is an over focus on the rational mind, with 'negative' feelings and emotions being judged as a sign of weakness or something we need to try to get rid of. Many individuals end up denying themselves their own reality because they do not know how to deal with their feelings in a healthy way and this can have a disastrous effect on a relationship.

The good news is that when you know how to work with these feelings and not against them, you start to understand and experience that they are a way to help create consistent connection and intimacy between you and your partner.





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Unfortunately, without this knowledge most people are not acting in integrity with who they really want to be. Do you want to be someone who holds their resentment, anger, anxiety & sadness for example, against your partner.....no, I am sure you don't. However, so many people end up doing this because they become reactive and don't have the tools or knowledge to use the feelings in a way that creates the connection I speak of.

Relationship sabotage comes in different forms. Whilst it is generally complex and nuanced, we can see 4 main patterns of behaviour and thinking. Each pattern of behaviour can be seen by way of the 4 survival or shadow archetypes (Caroline Myss based on Carl Jung's work), which we all share and fall into. These are known as the collective shadow or our conditioned selves.

This assessment will help you start to see what your main patterns of sabotage are.

How to answer the questions:

- 1. For some of the questions, they may not apply to you. In this case leave them out.**
- 2. You may have an answer that does not relate to any of the examples given, if this is the case try to go with the nearest option.**
- 3. For some of the questions it may not be clear to you how exactly the behaviour described would indicate relationship sabotage** (i.e. it may seem 'normal' behaviour). Please **know that sabotage can be very cunning and nuanced**. We cannot always see what we are doing and neither do we question ourselves on a deep enough level. This is why so many people end up blaming their partner. If the questionnaire baffles you in some way, your rational mind will likely be overthinking it all.
- 4. Pick the answer that is mainly true for you or closest to being true for you. You can also choose more than one answer per question. You will notice some repetition across some questions**, this is to allow for the nuances in the shadow patterns as well as affirming your tendencies.
- 5. You will notice that there is a letter C, P, S, B, or V (OR V/B) after each answer.** These relate to the 4 main shadow archetypes (conditioned selves) and patterns of sabotage that occur regularly in relationships. You can read more about these patterns of sabotage below the test questions in the results section.





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6. It is important to know that **relationship sabotage patterns are highly nuanced**. This means that it will depend very much on the exact specifics of any given situation in your relationship as to which sabotage pattern is showing up. **This self-assessment exercise should therefore be considered as a rough guide**. The information included after the assessment will help you see the patterns in more detail.

Investing time and a lot of money to understand these patterns, especially how they sound when they are spoken, has transformed my marriage, and is changing the relationships and lives of my clients. **Ensuring that shadow does not get to have the final say in our decision making and how we show up will mean a life lived in integrity with our values, standards, and desire; rather than** a life that falls short and always feels like there is something missing.

I hope that this self-assessment will help you become more aware of how you, like everyone else, is prone to regularly falling into such behaviours. This is the first step to being able to change the trajectory of your love life for the long-term.

You can print out this self-assessment or just write your answers down.

1. Do you sometimes lie, hold back the truth or not say how you are really feeling in your relationship?

If yes (even if occasionally), what is generally the reason?

A	I do it to avoid an argument because I am anxious about making things worse.	S	
B	I do it to avoid an argument because it makes life easier.	C	
C	I don't like the discomfort this brings up in me and I don't like being vulnerable, so I tend to try and let things go.	S	
D	I do it to avoid an argument because I am concerned that I will overreact.	V/B	
E	They fly off the handle too easily, it's not worth it.	P	
F	Last time I tried being more honest and open they were defensive and reactive; I've already tried this.	S	





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G	I worry about upsetting my partner's feelings.	P	
H	I feel hurt by my partner's lack of effort in our relationship, I often hold back out of resentment.	V/B	

2. Do you often or sometimes lose your temper with your partner?

Yes, I can see I do this and...

A	I end up not being a nice person, attacking their character and saying things that aren't very nice.	B	
B	I sometimes end up acting in a childish manner. I can be entitled and spoilt sometimes.	C	
C	I do because I often think 'I am right and they are wrong' in a lot of cases.	S	
D	I do because he/she dismisses my feelings and doesn't hear me.	V/B	
E	I do out of pure frustration and a feeling of unfairness. I don't feel heard.	C	
F	I do because he/she misinterprets what I am saying a lot of the time and I feel the need to put the situation right.	S	

3. Do you avoid having conversations with your partner about something that is important to you?

If yes....I can tend to do this because

A	I feel that I have tried in the past and my partner has not listened to me.	S	
B	I tell myself that it's no big deal and that I am in a much better position than other people in the world.	S	
C	I am worried about what might happen (for example, we might split up) if I do speak up.	V/B	
D	I worry what my partner is going to think of me.	P	
E	I think I am worried about being wrong and being judged.	C	
F	I don't like conflict and prefer to avoid it.	C	





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G	I worry about upsetting my partner & feeling responsible for his/her discomfort.	P	
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4. Do you ever worry that your partner is going to leave you?

A	Yes, I can worry about this and it pushes me to try and be a better partner.	S	
B	Yes, I experience anxiety about not being enough for them in some way.	P	
C	Yes, I worry that to he/she is going to leave me for someone who is more successful than myself.	S	
D	Yes, then I tend to feel sorry for myself and wonder if I will meet anyone else.	V	
E	Yes, then I start pushing them away to try and protect myself.	C	
F	Yes, then I get stuck in my own head, overthinking it all and it can trigger my feelings.	S	
G	Yes, I can get stuck worrying about all the possible consequences if this were to happen.	V	

5. Are you put off or bothered by any aspects of your partner's behaviour?

A	Yes, I become irritated quite easily and then feel concerned because I worry about what this means e.g. maybe I should leave.	S	
B	Yes, I become irritated quite easily and then can't help myself but point out their failures or weaknesses.	V/B	
C	Yes, I compare my partner to other men/women. I feel I deserve more from them and often they are not as committed as I am.	C	
D	Yes, but I don't say anything about the things that are important to me because I worry about what they will think of me, or I worry about upsetting their feelings.	P	
E	Yes, at times, I have strong values, for eg, around looking after myself and when I see all the ways they are not doing this, I can't help but point it out or drop hints.	S	





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6. Do you get defensive or critical with your partner in discussions?

If yes....I can tend to do this because

A	I have a need to be right and to be honest I think they are often wrong / I can see all the ways things could be better.	S	
B	I always seem to be the scapegoat or the one in the wrong and so feel the need to defend myself.	V/B	
C	I can get angry or rageful at them. I feel the need to attack back because they are judging me.	V/B	
D	I don't understand why he/she doesn't seem to show me more love and attention when I do it for them.	S	
E	I often worry what other people think of us, so I point out what is not working.	P	
F	I tend to compare our relationship with other peoples and can see what we are missing.	C	

7. Do you find yourself being inwardly critical of your partner?

A	Yes, I sometimes judge them in my head for not coming up to my standards.	S	
B	Yes, I can get angry or rageful at them in my head for not listening to me or being more committed to us (or something else).	V/B	
C	Yes, I am trying to work out what I am doing wrong.	C	
D	Yes, most of the time it's because I worry what other people are thinking of us/him/her.	P	
E	Yes, often I find myself wishing they could be more (insert behaviour e.g. passion)	C	





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8. Do you find yourself wishing that your partner was more..... passionate / dynamic / proactive / fun / happy etc?

A	Yes, I am often looking for evidence that they are committed in our relationship.	S	
B	Yes, I often am looking for something more from them, but I end up feeling powerless to change things.	C	
C	Yes, I do and I then end up feeling sorry for myself that I don't have a partner who is like that.	V/B	
D	Yes, I do and then I end up feeling frustrated, wishing they would step up and do something about it.	C	
E	Yes, but I can see that this comes from putting myself under pressure to do or have things that I think should be happening in a relationship.	S	
F	Yes, I start to wonder if I am not enough. I even think they might be better off with someone else.	P	

9. Do you often shut down in a passive aggressive way or sulk after a conflict with your partner?

A	Yes, I feel aggrieved and think they should be making more effort or apologising to me.	V/B	
B	Yes, but I can see that this comes from my perfectionism regarding the things that I think should be happening in a relationship.	S	
C	Yes, I can end up dropping sarcastic or nasty remarks without being fully honest about my fears, desires or concerns.	V/B	
D	Yes, I can end up acting like a spoiled brat sometimes.	C	

10. Do you behave/think in any of the following ways in relation to sex and physical intimacy with your partner?

A	I often end up complaining about why they are not interested in kissing me or having physical intimacy. I end up not feeling good enough or attractive enough for them.	P	
B	I withhold sex from them when I feel that I am being taken for granted, disrespected or unappreciated.	C	





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C	I don't understand why they don't want to have sex with me as much as I want to with them. It's frustrating and I can feel annoyed and hurt by this.	S	
D	I don't seem to enjoy sex that much.	P	
E	I don't have the courage to bring up the subject properly and instead drop hints or just hope if I make the move, it will be ok.	C	
F	My partner doesn't seem to like sex that much, so I often end up thinking 'what's the point?'	S	

11. Do you ever hold a grudge against your partner following a disagreement?

A	Yes, it can take a while for me to come round and there is a part of me that likes to remain in a sulk.	C	
B	Yes, I end up feeling so angry. I want them to pay for the way they have treated me.	V/B	
C	Yes, I don't like the fact that I do this. I try to fix it by explaining my side of things, but when they don't listen what chance do I have!	S	
D	Yes, I want them to pay for the shame and self-hatred I end up feeling towards myself as a result.	P	

12. Do you feel or make yourself responsible for your partner's feelings or well-being?

A	Yes, I am often fearful of upsetting their mood and making them angry or making them feel bad, so I don't like to cause problems.	C	
B	Yes, I can end up holding back on expressing my true feelings because I worry about what they will think of me.	P	
C	Yes, I end up 'over caring' or over doing in my relationship because I am often trying to make sure my partner is ok and not stressed etc.	P	





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13. Do you nag or try to control your partner? (Yes, I can see I do this and think it is generally because...)

A	Deep down I am anxious about something bad happening to them.	V/B	
B	I can see how something could be done better.	S	
C	I don't trust them fully to step up for me/us.	C	
D	I worry about what others will think of me/us/them.	P	
E	If I don't nag or criticise then nothing gets done properly.	S	
F	I am worrying about something that is really out of my control e.g. something that has gone wrong or might go wrong outside the relationship.	V/B	

14. Do you withhold or avoid sex/physical intimacy?

A	Occasionally, particularly when I feel hurt or annoyed.	V/B	
B	Yes, I just don't seem to be interested in sex and I don't really understand why.	S	
C	Yes, I keep finding myself in my head, questioning whether I still find my partner attractive.	S	
D	Yes, I am fed up with being the one who gives so much in this relationship and doesn't get much back.	C	
E	Yes, I don't like the way I look / am not happy about my weight and worry that my partner won't find me attractive.	P	
F	Yes, I just don't seem to have the time.	S	
G	Yes, I don't enjoy feel fulfilled by our sex life. I want more but my partner doesn't seem interested in exploring this with me.	C	
H	Yes, I am fed up with being the initiator all the time, I want them to make the move more often.	C	
I	Yes, I admit I do this to try to make my partner more attracted to me.	P	





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15. Do you find yourself trying to fix your partner or solve their problem, especially when they seem to be struggling in some way?

A	Yes, I can often see what they should be doing and feel I should point it out to them.	S	
B	Yes, I often end up getting frustrated by the fact that they don't seem to be able to handle their feelings or get in touch with their feelings.	S	
C	Yes, I find it difficult to get present and give them the space they need.	V/B	
D	Yes, I do because I worry about the consequences if they don't sort themselves out.	V/B	
E	Yes, because I can I feel lost and anxious if they are not okay.	C	
F	Yes, because I start to worry that they are not happy being in a relationship with me.	P	

16. If you are honest with yourself, are you waiting for your partner to change?

A	Yes, I really think they are the one who needs to step up. I am already doing everything I can	S	
B	Yes, if they truly loved me, they would do this.	C	
C	Yes, time is running out to be honest.	S	
D	Yes, I don't know how I can change any more than I already have.	S	
E	Yes, if they changed everything would be so much easier and better.	C	

17. Where would you say your addictive patterns tend to lie (even if you don't see them as an addiction as such)? Think also in terms of where the following might impact your relationship negatively.

A	I drink too much / our drinking patterns can lead to conflict at times (also applies to drug use/pornography/food/sex/gambling)	P	
B	I can't help overthinking most things. I definitely can get stuck in my head thinking about my relationship.	S	





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C	I often worry about the 'what if' consequences for e.g. if we were to split up.	V/B	
D	I worry about my partner going off with someone else.	C	
E	I can often feel sorry for myself.	V/B	
F	I am prone to perfectionism.	S	

18. Can you hand on heart say that you and your partner are able to work with your conflict and avoidance as a tool for learning and growth? I.e. Do your conflicts make way for greater connection and intimacy?

A	No, I have tried so many times to make this happen, but I cannot see another way to do this.	S	
B	No, I still really think he/she is the one who needs to change the most.	C	
C	No, I have been feeling a bit helpless with regards to changing things.	V	
E	Sometimes this happens, but we still have issues that we can't seem to move past. I don't really understand why this is.	S	

How to read your results

Total up how many answers you have allocated to each letter/archetype. These will be explained in more detail below i.e. C, P, V/B, S.

Your answers will give you an idea of which shadow or pattern of sabotage is your main one. On the whole, one shadow tends to trigger all the others. This is usually the Saboteur (S), it is the trickiest and cunning of them all and blocks off your abilities to transform your relationship. However, if you have ticked more of one pattern over the others this will show you that you tend to fall into this pattern of sabotage as a default.

As I have mentioned, these archetypal patterns can be quite nuanced depending on the exact situation. Some of the behaviours that go with each pattern will also appear in another archetype. The difference, however, will be the energy and motivation from which the behaviour comes from. It doesn't really matter if you get your shadow archetypes mixed up, it is not about getting this right. It is more important to understand and





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be able to tell that you are in a pattern of sabotage. This is the first step to moving past these patterns and creating far more ease and connection in your relationship.

A question that may be coming up for you following the assessment.

1. 'What if I can see that my partner is acting from these shadow or sabotaging patterns?'

It is important to note that if you are experiencing or seeing a particular type of behaviour in your partner, there will generally be a mirror going on for you. This means that you will also have this behaviour, even if you cannot see it. It may well be showing up in a slightly different way to your partner or in another area of your life.

For example, let's say you see a lack of passion coming from your partner and you want them to be more proactive when it comes to physical intimacy. It is likely that you are expecting them to step up without realising that you also have the power to create more passion just from clearing up your energy and taking a different kind of action. Therefore, you are also lacking the 'passion' to create your next level and are waiting for permission from them to have the love life you want (see Child Archetype below). You may also be lacking passion in another area of your life.

Please find below an explanation of each of the letters that were assigned to the above questions. Here you will find the shadow archetype that represents each pattern of sabotage and an overview of the patterns of behaviour that belong to each one.

2. I can't see why some of my behaviour (that has been pointed out in the assessment) is wrong.

Some of the behaviour is not wrong. For example, if you have tried being honest and your partner doesn't seem to hear you this is not wrong. The issue is that a part of you is likely giving your power away to the feelings that come up as a result of the situation, to the point that you don't know what to do about it. It is your relationship with the situation that is holding you back and that is what we will be looking at.





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The Four Shadow Archetypes or Sabotaging Patterns

Please know that there is often a fine line between the actions that our shadow (conditioned selves) and our true power archetypes take. The actions can look the same, but they are undertaken from a totally different energy. This is why it is so helpful to take time to learn about the differences.

P = Prostitute Archetype

Main pattern of sabotage - Low self-worth, lack of ability to see the value in oneself or something. Says “I can’t afford it / to”.

Main Beliefs/Approach/Underlying Fear

- Here there is a core belief that you are not lovable because you are not good enough.
- An avoidance of being vulnerable.
- Lack of true authenticity.
- Fear of being rejected for your looks or who you really are.
- Difficulty in seeing your own value and worth (and not valuing other people’s time)
- Difficulty in owning and acknowledging (and speaking) your desire(s).
- Avoidance of taking action in line with your standards, values and desires.
- Putting others before yourself and neglecting your own desires and needs.
- Consistently looking for approval.
- Always looking for or chasing the ‘hit’ (instant gratification).

Typical Behaviours:

People pleasing. Neediness. Fake charm / humour. Manipulation.

Addictive behaviours e.g. over-eating, alcoholism, drugs, sex, seduction, the high of romantic love, shiny bright object syndrome.





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Depression and flatness when things don't seem to be working as you want them to.

'Over caring' for your partner and taking too much responsibility for their emotions.

Attachment to 'getting' certain outcomes and getting stuck in disappointment when they don't appear.

Strong and painful emotions to the extent of feeling suicidal. Shame due to the feelings of low self-worth.

Avoidance of feeling your feelings properly in your body, instead you fight with them and find it hard to accept your full range of feelings as a human being.

V/B = Victim / Bully Archetype

Main pattern of sabotage - Victimhood & Bullying (internally and externally)

Main Beliefs/Approach/Underlying Fear

Belief that love comes from outside of yourself rather than from within you i.e. we attract/create love from our energy.

Belief that your thoughts and feelings; other people and situations have power over you and your ability to create love in the way you want.

Main Behaviours:

- You find it hard to say no and may refuse offers of help.
- You complain and fail to take action.
- You beat yourself up for feeling guilty. Feel sorry for self 'oh woe is me'.
- Passive-aggressive behaviours, Defensiveness, Stonewalling.
- Preoccupation with justice. Overly concerned with 'What if' disaster scenarios.
- Poor inner boundaries in relation to the mind. Need to exert external boundaries.
- You will find any friction or conflict very painful.
- Can gain support but you tend to lose it again.
- You don't want to inconvenience other people or to be inconvenienced.





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- You can feel very alone in your relationship.
- A lack of trust in partner even when they are trustworthy.
- Not acting on your word.
- Betrayal. Patterns of crisis e.g. accidents, illnesses, chaos
- You may often take the fall for others, get treated like a 'doormat' or get wrongly accused.
- You beat yourself up and this is frustrating for your partner.
- You do not take good care of yourself mentally, emotionally, or physically.
- Compulsive behaviour e.g. overworking.
- Constant drive to external success. Burn-out.
- You have an Inner bully who tells you that you are useless or a failure.
- You may get pushed around by your partner.
- You may stay in a relationship that is not good for you for too long.

C = Child Archetype

Main pattern of sabotage - Lack of commitment to one's vision and misunderstanding of one's true power

Main Beliefs/Approach/Underlying Fear

Fear and belief that you will be abandoned.

Fear that there is something wrong with you or you are bad.

Fear of punishment and consequences (if you were to step into your power)

Fear of own power/success and what it might mean. Fear of being weak.

Jealousy, comparison. Need for recognition.

Main Behaviours

Avoidance of taking action due to waiting for your partner to take the initiative or to change.





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Denial – in relation to taking personal responsibility for your actions, your emotions, your power, your vision, your well-being.

Entitlement - Uncompromising behaviour (the spoilt brat). Unrealistic demands. Unappreciative behaviour. Taker not a giver. Expecting something for nothing.

Lack of respect

Narcissism – An exaggerated sense of self-importance. Fantasies of power, beauty and brilliance. Gaslighting and denial of your partner's emotional reality. Wanting to be adored and worshipped. A lack of empathy. Jealousness or belief that others are envious of them.

Double standards – 'what's mine is mine and what's yours is mine too'.

Laziness - 'I can't be bothered'to do what is necessary. Giving up too easily.

Competitive – compares own (negative) situation with others and sees that something is missing. Needs to be right all the time. 'It's my way or the highway'.

Sense of self is shaky and as a result there are continual comparisons with other people's relationships as well as between your own life and that of your partner's.

Lying and manipulation of the truth. Drops hints.

Emotional outbursts - frustration, resentment, a sense of despair with little joy, tantrums, rage.

Daydreamer - You prefer to stay in the land of daydreaming.

Inability to make decisions.

Desire to play and go with the flow all the time.

Projection - 'I wish my partner was funnier, more passionate, more inspiring.'

Sensitivity to criticism - you may put on a threatening front but at the slightest remark you feel weak and deflated.

S = Saboteur Archetype

Main pattern of sabotage – Overthinking and getting stuck in a limited 'status quo' mindset that does not see other perspectives.

Main Beliefs/Approach/Underlying Fear





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Belief that there is a 'right' way of doing things and a 'right' answer.

Fear of getting it wrong and not being perfect.

Fear of trusting oneself, ones' intuition and the unknown.

Intense dislike of any uncomfortable feelings (particularly hates not knowing or feeling out of control).

Always looking at everything through the lens of should think/feel xyz and should not feel/think xyz.

Main Behaviours

- Trying to work out the answer to your problems in your head. E.g. An over reliance on the thinking 'rational' mind, which triggers your emotions and stories in your head about what is wrong with your relationship and how it 'should be'.
- Over analyzing everything to the extent of inaction.
- Getting caught up in being overly responsible (but not capable of being 'response-able' in the moment and thus creating transformation quickly) and doing all the 'should-do's' in life.
- Unrealistic standards, leaving little room for faults.
- Black and white binary thinking with an inability to see other perspectives. Likes to present evidence for why something is THE way they are seeing it. Is the law court barrister!
- Thinking and behaviour is always based on past evidence or future anxiety.
- Micromanaging everything including your partner.
- You never have enough time or are bored and have too much time.
- You need to validate, justify and explain your actions, ideas and responses.
- Risk averse and can get stuck in confusion and self-doubt.
- Little or no access to your intuition because you are so reliant on your rational mind.
- Always looking for proof, more information and certainty before making a decision. You want all your ducks in a row first.
- Indiscriminately rebellious and sceptical.
- Seriousness, paranoia, mental illness.





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- Gets caught up in double binds of a 'should / shouldn't' nature.
- Arrogant, belittling and a know-it-all.
- Cynical, skeptical and pessimistic, although you will say you are being realistic.
- Forgetful, flaky, hurried and late.
- Hyper-intellectual with a need to rely on scientific 'proof'.

Moving forwards, now what?

Now that you have identified your patterns of sabotage...

- It is important to know that the fact that you fall into patterns of sabotage at times is not a problem in and of itself. Shadow or sabotage will always exist and it will particularly show up in times of stress.
- **The most crucial thing is** that you learn how to navigate these patterns when they do show up in a way that creates learning and growth for you, your partner and your relationship.
- **What we want to create is a relationship where sabotage does not have the final say when it comes to our behaviour.** This is where many couples fall into the thinking 'oh, we argue and have ups and downs like anyone else' all the while never navigating the patterns of conflict and avoidance that keep showing up. This is how people fall for their own stories over and over again without moving past them. Sabotage can be very subtle. It is also a passion and connection killer for any relationship.
- This is why so many couples end up like roommates or in relationships full of conflict or bickering (low grade warfare). They settle for what they think is 'normal' but their situation is only normal in that it is common. It is still being run by dysfunctional behaviour and thinking.





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- **Growth and learning are absolutely necessary for your relationship to thrive over the long-term.** This is what creates aliveness, spontaneity, trust and consistent connection and erotic passion and intimacy.
- To give your relationship every chance and also ensure that you don't fall into the same patterns in a next relationship (if you do decide to move on), then it is crucial to **become fully aware of HOW to move beyond your patterns of sabotage.** This way you can then do something about them and claim back your power to create a totally different reality.

In our work together you will discover HOW TO ACTIVATE YOUR POWER ARCHETYPES.

The 4 'couples' (the Lovers, the Sovereigns, the Warriors and the Magicians) are the antidote to the shadow archetypes described in this assessment guide. **These parts of you represent healthy forms of masculine and feminine energy, which are sorely missing from most relationships.** They are the creators of true intimacy, connection and transformation in your relationship.

Here is a brief overview of the Power Archetypes (there is no need to remember all this):

The Lovers – The Muse & The Lover (antidote to the Prostitute)

Live in the present moment. Have high self-worth. Value their unique gifts and qualities. Choose to value and 'afford' what they believe is important in life even if other people don't. Live by their values, standards (for themselves) and desire(s). Enjoy being in nature. They are alive, spontaneous, warm, playful and in touch with their body on a sensual and sexual level. They choose to love all aspects of themselves and not abandon who they really are. They are willing to feel the full range of feelings and emotions involved with being human. They especially allow themselves to be in touch with their desire on a feeling level. They trust in the 'attractiveness' of their own worthiness and value.





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The Sovereigns – The King & The Queen (antidote to the Child)

Commit to the vision. Do not need permission from anyone else to live the dream. Not interested in how others think life should be lived, willing to carve own path if necessary.

Decide to trust before evidence that it is okay to trust is available. Take full responsibility for one's own well-being (mental, physical, emotional, spiritual).

Make the rules for oneself i.e. 'I decide that I am worthy, even if a part of me thinks that I'm not'. A man/woman of their word. Act with integrity in relation to who they want to be for themselves and others. Courageous.

Commits to living by one's own standards and tastes.

They are not scared of their own power but trust in their own power to create transformation.

The Warriors – The Warrior & The Inner Mother (antidote to the Victim/Bully)

Strong inner boundaries in relation to the mind. Compassionate to self and others, flexible, adaptable in their external boundaries. Can hold tension in their body and use it to create energetic space. They are present and have presence. They connect with and use the breath to create a sense of empowerment.

They ensure shadow does not lead them and have the final say in their behaviour even if they get it wrong initially. They trust in their ability to hold themselves and provide the energetic container for love to come in. Willing to take action based on the intuition and guidance of the King / Magician archetypes. Trust that they will deal with the consequences of whatever reveals itself in the next moment.

The Magicians – The Wise Woman & The Magician/Alchemist (antidote to the Saboteur)

Not concerned with knowing how everything plays out ahead of time; they let life reveal itself. They are willing to take a leap of faith into the unknown. They are present and live in a no thinking state of mind. Can get excited, are joyful; are able to view the world with wonder and awe. Know how to work with feelings and the status quo mind in a way that creates transformation. They know that time is within them i.e. it is an illusion because there is only ever now, and love comes from one's own energy. They can create 'something out of nothing' i.e. a moment of connection out of the seemingly mundane. They do not need to see the future and are not concerned with what happened in the past. They have high levels of trust in the unknown and unseen. They do not need plan A, B and C or to see any evidence to understand and know that they can create new matter in short periods of time. They know that with time they will master their craft and become more precise in their use of it. Willing for others to think they are a fool.





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