



MICHELE WILLMOTT
RELATIONSHIP COACH & MENTOR

Relationship Self-Assessment





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Thank you for signing up to take this Relationship Self-Assessment

Please read the following before you take the assessment (and please set aside time to go through this with care and attention to get the most benefit. There is some in-depth information included to help you see how and where you are likely keeping love at arm's length).

The following questions are designed to help you reflect on your patterns of behaviour in your relationship. In particular those that are self-sabotaging.

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

Sabotaging behaviour is further ingrained because much of our programming and upbringing entailed us having to hide parts of ourselves as well as deny our own feelings. As a result, we have all experienced a level of trauma in our lives (the trauma being 'don't be who you are', 'do it this way' and 'do whatever you have to do to belong or get life 'right'). The largely corrupt and dysfunctional hierarchical framework that Western Society is based on is rooted in fear and control. This creates behaviour and thinking therefore that comes from fear and the need to feel in control. Unfortunately, most people then end up being out of integrity with who they want to be and what they truly value. This all serves to create self-sabotaging patterns.

Relationship sabotage comes in different forms. Whilst it is on the whole complex and nuanced, it can be put into 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, which is very much rooted in the fear-based behaviour and thinking described above.





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

How to answer the questions:

1. You will find that for some of the questions, your answer might be 'no' or 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. 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.
2. 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.
3. 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 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.
4. 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 more than an exact science. The information included after the assessment will help you see the patterns in more detail.





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Investing time and a lot of money to understand these patterns, especially how they sound when they are spoken, has totally 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 in a journal.

1. Do you sometimes lie, hold back the truth or how you are really feeling from your partner?

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

A	I do it to avoid an argument because I am anxious about getting things wrong.	C	
B	I do it to avoid an argument because it makes life easier.	C	
C	What they don't know won't hurt them.	S	
D	I am sometimes embarrassed about what I am doing and don't want them to know because of what they might think of me.	P	
E	They fly off the handle too easily, it's not worth it.	S	
F	Last time I tried being more honest and open they were defensive and reactive; I've already tried this.	S	
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	





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2. Do you often or sometimes lose your temper with your partner? Or do you resort to bickering (low grade warfare)? 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 spoil 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 need to put him/her 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 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	There are more important things in the world to worry about.	S	
G	I don't like conflict and prefer to avoid it.	C	
H	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 often worry about this and often try to be a better partner or try to get things right	S	
B	Yes, I experience anxiety about not being enough for them.	P	
C	Yes, then I get stuck worrying about all the possible consequences if this were to happen.	V	
D	Yes, then I tend to feel sorry for myself.	V	
E	Yes, then I start pushing them away to try and protect myself.	C	

5. Do you worry that you will have to leave your partner?

A	Yes, I do worry about this and then I find myself getting stuck in my head trying to solve the issue / make myself feel better.	S	
B	Yes, I experience anxiety about not being enough for them and so tell myself I should leave before I get hurt.	C	
C	Yes, then I get stuck worrying about what everyone else will think.	P	
D	Yes, then I tend to feel sorry for myself and wonder if I will meet anyone else.	V	
E	Yes, then I worry about how he/she will take it and what will happen to him/her and I feel guilty.	V	
F	Yes, I worry that in order to be as successful as I want, I need to be with someone else who is more successful than my partner.	C	
G	Yes, then I get stuck in my own feelings and can feel paralysed by them.	B	
H	Yes, I worry that he/she won't be able to keep up with me as they are not interested in taking a closer look at themselves.	S	





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6. 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. I should leave.	S	
B	Yes, I become irritated quite easily and then can't help myself but point out their failures or weaknesses.	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 a value around looking after oneself and when I see all the ways they are not doing this, I can't help but point it out or drop hints.	S	

7. 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 they are often wrong / I can see all the ways things could be better	S	
B	I always seem to be the scapegoat	V/B	
C	I can get angry or rageful at them in my head and 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.	C	
E	I often worry what other people think of us, so I point out what is not working.	P	





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8. 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.	B	
C	Yes, I am trying to work out what I am doing wrong. I don't understand why he/she doesn't seem to show me love.	C	
D	Yes, most of the time it's because I worry what other people are thinking of us/him/her.	P	

9. Do you often 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 and 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 there is something wrong with me and even think they might be better off with someone else.	P	





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10. 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.	C	
B	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	
C	Yes, I end up dropping sarcastic or nasty remarks without being fully honest about my fears, desires or concerns.	B	
D	Yes, I end up acting like a spoiled brat sometimes, I want to get what I want, I make no qualms about that!	C	

11. Do you behave in needy or manipulative ways in relation to sex and physical intimacy with your partner?

A	Yes, I often end up complaining about why they are not interested in kissing me or having physical intimacy. I end up not feeling good or attractive enough for them.	P	
B	Yes, I withhold sex from them when I feel that I am being taken for granted, disrespected or unappreciated.	V/B	
C	Yes maybe. I just 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 enjoy sex that much. It's always a bit of an effort for not a lot of reward.	C	
E	Yes I don't have the courage to bring up the subject properly and instead drop hints or just hope if I make a move it will be ok.	C	





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12. 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, so that I can get my own way.	C	
B	Yes, I end up feeling so angry with the unfairness of it all. 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	

13. 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	

14. 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	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	





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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	
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15. 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 anything 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	

16. Do you find yourself trying to fix your partner 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	
D	Yes, I do because I worry about the consequences if they don't sort themselves out.	V	





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E	Yes, because I then 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	

17. 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	

18. 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	
C	I often worry about the 'what if' consequences for e.g. if we were to split up.	V	
D	I worry about my partner going off with someone else.	C	
E	I can often feel sorry for myself.	V	
F	I am prone to perfectionism.	S	





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19. 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.	C	
C	No, I am obviously unlucky when it comes to love.	V	
D	No, but all couples argue don't they!	S	
E	Sometimes this happens, but we still have issues that we can't seem to move past. I don't know why this is.	C	

How to read your results (please read the following carefully).

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. We all have each of the 4 shadow aspects within us as they are part of the collective consciousness and our survival-based programming. On the whole, one shadow tends to trigger all the others. This is usually the Saboteur, it is the trickiest and cunning of them all and blocks off your transformational abilities. 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 pattern.

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 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.





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- Above all, getting to know the patterns of behaviour and thinking that you are prone to which tend to create conflict, avoidance or disconnection in your relationship, gives you an opportunity. An opportunity to take more responsibility by holding up your hand and being truly honest with yourself and if necessary, your partner. Also, it gives you the chance to work with the shadow and 'mine' it for the gift that lies within. All shadow contains the seeds of transformation. This is why people who deny, suppress, and fight their own shadow patterns remain stuck. They are not seeing and releasing the gift that lies within.
- **You may be asking '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.





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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 and our true power archetypes take (please see last page in this guide for an insight into your power couple archetypes and what they can do for you once activated). 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

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 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.





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

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 disappointment when they don't appear.

Strong and painful emotions to the extent of feeling suicidal.

Shame due to the lack of worthiness.

Avoidance of feeling your feelings properly, 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 & 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 other people and situations have power over your ability to create love for yourself.

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.
- Passive-aggressive behaviours
- Defensiveness, Stonewalling.
- Preoccupation with justice.
- Poor boundaries.
- You will find any friction or conflict very painful.





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- Can gain support but you tend to lose it again.
- You don't want to inconvenience other people or to be inconvenienced.
- You can feel very alone in your relationship.
- A lack of trust in partner even when they are trustworthy.
- Not acting on your word.
- You try to control your environment with strict rules & rigidity.
- 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 true commitment and understanding 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.

Fear of being weak.





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Jealousy, comparison.

Main Behaviours

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

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

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.





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S = Saboteur Archetype

Main pattern of sabotage - Overthinking

Main Beliefs/Approach/Underlying Fear

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 energetic space of the unknown.

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

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.





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- 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.
- Indiscriminately rebellious and sceptical.
- Seriousness, paranoia, mental illness.
- Arrogant, belittling and a know-it-all.
- Cynical and pessimistic, although you will say you are being realistic.
- Forgetful, flaky, hurried and late.
- Hyper-intellectual and need to rely on scientific 'proof'.

Moving forwards, now what?

You may still be left with some pertinent questions.

What if I am in the wrong relationship?

First of all, if you are not sure whether you should leave or stay in your relationship then it is important to consider the following:

- 1. Do you still love your partner and are they a good, decent person, whom you still have some attraction to on the whole?**

If your answer is yes, then you have a great chance of turning this relationship around despite any problems that exist.





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2. **Is your partner abusive in any way?** This can often be subtle and not obvious. If your partner keeps dismissing your feelings and shows narcissistic traits (See child archetype), then this may be a cause for concern. The thing is we can all be narcissistic, especially to ourselves. Narcissism must be seen as a spectrum. If your partner has not shown any signs of stepping up and being willing to adapt their behaviour to meet you in your needs and you **often** end up thinking you are the damaged one or it is your fault, then this may be a sign that you need to get out and if needed get some support to help you move on.

Your Next Step?

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.





MICHELE WILLMOTT
RELATIONSHIP COACH & MENTOR

Relationship Self-Assessment

- **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 intimacy (I don't mean 24/7 here).
- 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 plus some real and magical connection!

YOUR POWER ARCHETYPES are the antidote to the 4 shadows. In the Love Alchemy Framework they are categorised as 4 'couples'. The Lovers (The Lover and the Muse), the Sovereigns (King and Queen), the Warriors (Warrior and Inner Mother) and the Magicians (Magician and Wise Woman). **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. Our challenge is to embody their energies and qualities in a way that feels right for us. They are a way of helping us check in with ourselves and ensuring we act with integrity as much as we can for ourselves and others.

If you would like to find out more about the Power Archetypes please follow Michele on [Instagram](#) and [Facebook](#).

If you are interested in getting 1 to 1 support from Michele, please [see her website here](#).

