

Overcoming Your Relationship Sabotage

SELF ASSESSMENT QUESTIONS

These questions are designed to help you reflect on your patterns of behaviour in your relationship but also help you start to see what your main patterns of sabotage are. 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 then leave that question out.

Pick the answer that is mainly true for you or closest to being true for you.

You will notice that there is a letter C, P, S, B, or V (OR V/B) after each answer. These relate to the main patterns of sabotage that occur in relationships. You can read more about these patterns of sabotage below the test questions in the results section and throughout the rest of the course.

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

1. Do you lie or hold back the truth from your partner?

If yes, what is generally the reason?

A	I do it to avoid an argument because I am scared of the consequences.	C	
B	I do it to avoid an argument because it makes life easier.	C	
C	What he/she doesn't know won't hurt him/her!	S	
D	I am embarrassed about what I am doing & don't want them to know because of what they might think of me.	P	
E	He/she flies off the handle too easily, it's not worth it.	S	
F	Last time I tried being more honest & open he/she was defensive & reactive; I've already tried this.	S	

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

A	Yes, & I end up not being a nice person, attacking their character & saying things that aren't very nice.	B	
B	Yes, & I sometimes end up acting like a complete child.	C	
C	Yes, & I do because I think that I am right & they are wrong.	S	
D	Yes, I do because he/she dismisses my feelings.	V	

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

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

A	I feel that you have tried in the past & my partner has not listened to me.	S	
B	I tell myself that it's no big deal & that I am in a much better position than others.	B	
C	I am worried about what might happen if I do speak up.	V	
D	I worry what my partner is going to think of me.	P	
E	I am worried about getting it wrong & being wrong.	C	
F	There are more important things in the world to worry about.	B	

4. Do you worry that your partner is going to leave you?

A	Yes, I often worry about this and spend a lot of time trying to be better or 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 actually 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 & protect myself.	P	

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

A	Yes, I often worry about this and then I find myself getting stuck in my head trying to solve the issue.	S	
B	Yes, I experience anxiety about not being enough for them & so tell myself I should leave before I get hurt.	P	
C	Yes, then I get stuck worrying about all the possible consequences if this actually were to happen.	V	
D	Yes, then I tend to feel sorry for myself & wonder if I will meet anyone else.	V	
E	Yes, then I worry about hurting him & 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 emotions & feel almost paralysed by them.	B	
H	Yes, I worry that he/she won't be able to keep up with me as they don't seem as interested in personal development.	S	

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

A	Yes, I become irritated quite easily & then feel concerned because I worry that this means I should leave.	S	
B	Yes, I become irritated quite easily & then can't help myself but point it out.	B	
C	Yes, then I feel I deserve more.	C	
D	Yes, but I don't say anything because I worry about what they will think of me.	P	

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

A	Yes, I love being right & they are often wrong because I have better intuition & insights than they do.	S	
B	It depends on the topic and if I feel aggrieved, I will stick up for myself.	V	
C	Yes, I can get angry or rageful at them in my head.	P	
D	Yes, I don't understand why he doesn't seem to show me love.	C	

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8. Are you inwardly critical of your partner?

A	Yes, I sometimes judge them in my head	S	
B	Yes, I can get angry or rageful at them in my head.	B	
C	Yes, I don't understand why he doesn't seem to show me love	P	

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

A	Yes, I often am looking for something more from them & I end up feeling angry towards them.	V/B	
B	Yes, I do & I then end up feeling sorry for myself that I don't have a partner who is like that.	V	
C	Yes, I do & then I end up feeling frustrated, wishing they would step up & do something about it.	C	

10. Do you often shut down or sulk after a conflict with your partner?

A	Yes, I don't understand why they aren't interested in sex or being physical that often, it makes me feel unattractive & end up not feeling good enough.	P	
B	Yes, I admit that I sometimes end up whining about something that they are not doing or doing that is making me feel unloved.	V	
C	Yes, but I can see that this comes from putting myself under pressure to do things that I think I should be doing in a relationship.	S	
D	Yes, I end up dropping hints or sarcastic remarks without being fully honest.	C	
E	Yes, I end up acting like a spoiled brat sometimes.	C	

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11. Do you behave in needy or manipulative ways around receiving love and affection from your partner?

A	Yes, I don't understand why they aren't interested in sex or being physical that often, it makes me feel unattractive & end up not feeling good enough.	P	
B	Yes, I admit that I sometimes end up whining about something that they are not doing or doing that is making me feel unloved.	V	
C	Yes, I admit that I sometimes end up whining about something that they are not doing or doing that is making me feel unloved.	S	
D	Yes, I end up dropping hints or sarcastic remarks without being fully honest.	C	
E	Yes, I end up acting like a spoiled brat sometimes.	C	

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 & 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 I need the space to calm down.	V/B	
C	Yes, I don't like the fact that I do this but I don't know how to resolve it.	S	

13. Do you feel responsible for your partner's feelings?

A	Yes, I am often fearful of upsetting their mood.	C	
B	Yes, I can end up holding back on expressing my true feelings because I worry about what they will think of me.	S	
C	Yes, I end up holding back on expressing my true feelings because I don't want to upset them.	C	

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

A	Deep down I am anxious about something bad happening to them.	C	
B	I can see how something could be done better.	S	
C	don't trust them.	C	
D	I am angry or frustrated with them & am avoidant or too scared to speak up.	C	
E	I am not in control of my own emotions.	S	
F	I am worrying about something that is really out of my control.	V	

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 & I don't really understand why.	S	
C	Yes, I am 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.	P	
E	Yes, it feels like an effort & I often can't be bothered.	C	
F	Yes, I just don't seem to have the time.	S	
G	Yes, I don't enjoy 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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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 & end up feeling like their therapist.	S	
B	Yes, I often end up getting frustrated by the fact that they don't seem to be able to handle their emotions or get in touch with their emotions.	S	
C	Yes, I find it difficult to get present & give them the space they need	P	
D	Yes, I do because I worry about the consequences if they don't sort themselves out.	V	

Results

Your answers will give you an idea of what pattern of sabotage is your main one. However, it is important to know that when you are in one pattern or shadow you are usually in all of them to some degree because one shadow tends to trigger all the others.

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 & an overview of the patterns of behaviour that belong to each one.

You will undoubtedly notice that you can see your own behaviours in some/many of these descriptions. These archetypes are universal & stem from our survival programming. We are conditioned to behave in these ways.

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 in a slightly different way to your partner or in another area of your life. For example, if you see a lack of passion coming from your partner & 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 have much more power to create more passion just from clearing up your energy & taking a different kind of action. Therefore, you are also lacking the 'passion' to create your next level & are waiting for permission from them to have the love life you want (see Child Archetype below).

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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.

Difficulty in seeing your own value & worth.

Difficulty in owning & acknowledging your desires.

Avoidance of taking action in line with your standards, values & desires.

Putting others before yourself & neglecting your own desires & needs.

An avoidance of being vulnerable.

Lack of true authenticity.

Fear of being rejected.

Consistently looking for approval.

Typical Behaviours:

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

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

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

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

Attachment to 'getting' certain outcomes & disappointment when they don't appear.

Strong & painful emotions to the extent of feeling suicidal.

Shame due to the lack of worthiness.

The addiction to certain thought patterns, which trigger your emotions.

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

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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.

Belief that other people & situations have power over your ability to create love for yourself.

Main Behaviours

You find it hard to say no & may refuse offers of help.

You complain & fail to take action.

You feel guilt.

Passive-aggressive behaviours

Defensiveness, Stonewalling.

Preoccupation with justice

Poor 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

You can feel very alone in your relationship.

A lack of trust

Not keeping 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 & this is frustrating for your partner.

You do not take good care of yourself mentally, emotionally, or physically.

Compulsive behaviour e.g. overworking.

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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 & understanding of one's true power

Main Beliefs/Approach/Underlying Fear

Fear & belief that you will be abandoned.

Fear that you will get it wrong or that there is something wrong with you.

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

Fear of own power.

Fear of being weak.

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 & denial of your partner's emotional reality. Wanting to be adored & worshipped.

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

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

Competitive - has to be right all the time. "It's my way or the highway".

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

Lying & 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 & 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 & deflated.

S = Saboteur Archetype

Main pattern of sabotage - Overthinking

Main Beliefs/Approach/Underlying Fear

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

Fear of getting it wrong & not being perfect.

Fear of trusting oneself & the unknown.

Main Behaviours

Trying to work out the answer to your problems in your head.

Over analyzing everything to the extent of inaction.

Getting caught up in being overly responsible & doing all the 'should-do's' in life. Perfectionism of self & partner.

Unrealistic standards, leaving little room for faults.

Black & white binary thinking with an inability to see other perspectives.

Thinking & behaviour is always based on past evidence.

Micromanaging everything including your partner.

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You never have enough time or are bored & have too much time.

You need to validate, justify & explain your actions, ideas & responses.

Risk averse. Confusion & self-doubt.

Little or no access to your intuition because you are so reliant on your rational mind.

Always looking for proof, more information & certainty before making a decision.

Indiscriminately rebellious & sceptical.

Seriousness, paranoia, mental illness.

Arrogant, belittling & a know-it-all.

Cynical & pessimistic, although you will say you are being realistic.

Forgetful, flaky, hurried & late. Hyper-intellectual & need to rely on scientific 'proof'.

Moving forwards

The key is to become fully aware of when & how you are sabotaging or in shadow, so that you can do something about it & in essence claim back your power to create a different reality. The remainder of this course will help you get to know your shadows more intimately.

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