



MICHELE WILLMOTT
RELATIONSHIP COACH & MENTOR

1) The Saboteur:

- The dominant status quo voice in society and us, rooted in the 'rational' mind
- Manifests as overthinking and perfectionism
- Puts a lot of pressure on self and others.
- Views life through an idealistic lens, making judgments based on what it sees as 'right' or 'responsible'
- Frequently uses judgement words like "should" or "shouldn't"
- Makes excuses in the form of justification and demands reasons
- Projects the past onto the future (& creates anxiety)
- Fears discomfort and being judged
- Dismisses feelings and uses toxic positivity
- Makes self and others wrong through judgement
- 'Buys-in' to all kinds of mind constructs. Makes feelings mean things they often don't mean. Makes X thought mean Y
- Thinks he can/must find the answer through overthinking
- Is rigid and has to have all his ducks in a row
- Thinks your feelings (with a narrative which creates resistance in the body) rather than feeling your feelings fully
- Does not understand the true nature of time i.e. time is now

Examples in a long-term relationship:

- Constantly comparing your relationship to idealised notions of love and romance.
- Overthinking every small disagreement or action of your partner, convinced it means the relationship is doomed or you are not compatible.
- Avoiding vulnerable conversations with your partner because "it might rock the boat" and because you have already tried that and it 'didn't work'.



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- Needing to be right in conversations. Always presenting a defence (is the law court barrister)
- Is the voice of doom and gloom, always presenting a reason why something is not a good idea or not possible
- Brings work and money stress into the relationship not knowing how to work with the stress and have healthy conversations
- Avoids conversations because doesn't like to be with own or partner's discomfort

Says:

- "You should" or "You shouldn't"
- "That's not responsible"
- "That doesn't make sense"
- "You can't do that"
- "I've tried it or said it before"
- "I couldn't have been any clearer"
- "I can't imagine / I cannot see"
- "I don't understand / don't know how"
- "I don't have the time"
- "I am right"
- "When xyz happens then I will do xyz"

2) The Wise Woman:

- Represents the feminine aspects of the Magician archetype (in both men and women)
- Comfortable with not knowing and trusts in your innate ability to create miracles
- Provides support during times of despair or depression (sees depression as the need for a DEEP REST....depressed!)
- Willing to feel uncomfortable emotions as part of the journey
- Goes beyond thinking mind to access true wisdom
- Honors body cycles and need for rest

Example in a long-term relationship:



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- Trusting the ebb and flow of intimacy, knowing that periods of less connection are natural
- Encouraging open, honest communication even when it feels scary
- Taking time for self-care and individual growth, knowing it benefits the relationship
- Being able to 'be' with self when things get messy and feel the feelings rather than thinking the feelings

Says:

- "I do not need to know how, when, where or who."
- "I surrender into not knowing (it's where the magic lives)."
- "I dive into the depths of my being, my soul, my body."
- "I rest deeply."
- "I nourish & nurture."
- "I release. I heal."
- "I have all the time I need."
- "I rebirth. I am life, I am death. I am mystery."
- "I am the holder of great wisdom in each & every moment."
- "I am willing to trust myself."
- "I trust in the (emotional) chaos."
- "My emotions do not scare me."
- "No thought, feeling, person has any power over me."
- "I say 'No' to hustle, forcing & 'should-do's'."
- "I hold the excitement of my Divine child."

3) The Magician:

- The Master of time, understanding only the present moment exists
- Not fooled by current reality, knows unlimited possibilities exist and that there is always another perspective
- Trusts in knowing what to do in the moment
- Can collapse time and bring the 'impossible' into reality
- Willing to appear foolish or irresponsible to others



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- Natural state is wonder rather than worry
- Acts on wisdom born from his Wise Woman
- Does not doubt or question himself or his knowing
- Trusts in the power of his body to navigate situations and choose whether something is a 'yes' or a 'no'

Examples in a long-term relationship:

- Spontaneously planning a surprise date night to reignite romance
- Trusting intuition to have a difficult but necessary conversation with your partner
- Seeing potential for growth and deeper connection during challenging times in the relationship
- Creating new shared experiences and traditions to keep the relationship fresh and exciting
- Doesn't get discouraged if a conversation doesn't seem to go well. Will keep showing up
- Can create a moment of connection out of a situation that seems boring or mundane. Doesn't need evidence to take action

Says:

- "I AM the Magician!"
- "I know that I will know what to do and say and when (even if I don't know now)."
- "I am a Master of Time."
- "Time is within me."
- "I am certain. I will not doubt myself or the space of not-knowing."
- "I don't care how silly/foolish/irresponsible this looks/feels."
- "I am a powerful creator."
- "I trust in the power of the present moment."
- "There is no limit to the power of my creations."
- "I decide how long it takes me."
- "I am always in the right place at the right time, saying the right thing."
- "I have the power to create my reality exactly as I want."
- "Life is fun. We have fun, magic is fun, it is exciting."
- "I create magic in No-time!"



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- "I consistently create magic in my life."
- "I act in alignment with my Wise Woman's ability to dive into the depths of not-knowing, through her capacity & courage 'I know!'"
- "I AM silly, ridiculous, weird, funny & I OWN IT ALL!"
- "I create everything I desire out of nothing."
- "Intuition is always available to me."
- "I create time, love, money, magic, romance, adventure, freedom."