



Why Your Relationship is Lagging Behind Your Work Success

-
- How to move past conflict, avoidance and stagnancy in your love life



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Why Your Relationship is Lagging Behind Your Work Success!

My clients are intelligent men and women. They cannot work out why they seem to be failing in their love life compared to their career or business. They have had to work hard to get where they are in work, but the same ways of thinking and addressing problems are not helping them in their relationship.

They want to think of themselves as being someone who does their best to create a successful life across the board.

If you can relate, I have not so good news and much better news for you.

The not so good news...

The intelligence that is required to succeed in the work arena is very different to that required to create a fulfilling and happy relationship over the long-term.

The much better news is...

You are obviously an intelligent person with unique strengths and gifts. You wouldn't have achieved what you have so far if you weren't. This means that you have what it takes to make the changes you want to make in your love life. You just need to use your intelligence in a new way.

The main reason why your intelligence has got you only so far when it comes to love....

So far in your love life you have been looking at your problems through a particular lens.

This way of thinking will make sense on some level. There will be an element of truth in it all. You will even have plenty of evidence to back up what you are thinking and saying about your relationship. As a result, you get hooked into believing that your thoughts are the whole truth when there are other ways of looking at the situation, which you are not seeing. Opening up your mind to these new perspectives and acting on them can absolutely be a game changer for your relationship.

The limited way of thinking that your mind tends to operate with about your love life creates what I call 'energetic lies'.

Energetic lies create and attract more dysfunction and are the reason why so many couples remain in perpetual



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dissatisfaction. It is the reason why too many couples separate when they could have turned their relationship around.

Energy is key when it comes to relationships. It is something we can learn to master.

Your energy is either clean and 'available' to create or receive connection with your partner or it is distorted. If your energy is distorted you are going to end up triggering your partner and yourself, usually without intending to.

When your energy is distorted, there is an integrity issue.

Many people like to think that they are an individual of integrity. A man or woman who does right by other people. The trouble is they often don't stop to extend the definition of integrity to themselves when it comes to their love relationships.

Here we must ask ourselves the question:

Am I being the person who I really want to be in my relationship (obviously allowing for some human error)?

It is easy to point the finger of blame at our partner (and of course they will be playing a role), but do you want to be someone who keeps falling into criticism, blame, avoidance, denial, defensiveness, judgement and so forth?

I am guessing the answer is no. Then it really comes down to:

'If I am not being who I really want to be, how can I expect my partner to do the same.'

The lack of personal integrity in general has come about due to clever societal conditioning. The harsh truth is that it has created many relationships where there are two adults acting more like children, rather than two adults who are able to take full responsibility for their behaviour, their feelings, and their innate power to create change.

This is why many people hide behind statements such as:

- 'No relationship is perfect.'
- 'Arguing is normal.'
- All couples have ups and downs.

These statements all have truth in them, but they are not an excuse to stay stuck in dysfunctional behaviour. We need to start getting more curious.



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No relationship is perfect because life is life, and we get thrown all sorts of curve balls. However, when you know how to navigate these situations to the extent you can create connection and intimacy from them, you will find yourself creating a relationship that is rooted in mutual support and personal responsibility. Essentially **you start trusting yourself and your partner to create consistent connection** rather than having to use such statements to justify dysfunctional behaviour.

Arguing is only normal in that it is common. Yes, couples have ups and downs but those who know how to access their power to create change understand how to navigate these ups and downs in a way that creates connection.

Most relationships suffer from a decline in desire and intimacy over the long-term because both parties are not taking anywhere the responsibility required to move beyond their conditioned behaviours.

Why it is so important to move beyond your fault, conditioned behaviours, and ways of thinking.

‘Un-doing’ your conditioning will give you freedom on an energetic level. It will undo those energetic lies that keep you stuck without realising it.

Creating freedom means that **you get to create a relationship that suits you. A relationship that suits your unique tastes, values, likes and dislikes.** Not a relationship that looks like anyone else's, although there may be similarities; a relationship that becomes an unfolding adventure of possibilities. Not one that is perfect but one that is real and one that is based on healthy relating where you can have those ‘difficult’ conversations and come out of them feeling more connected.

Better still, freedom inspires inner trust to show up and take risks, to explore and experiment. When you take the curious route, you then get to enjoy the benefits of your own discernment regarding what you want to try and what doesn't take your fancy. You also become more precise in how you show up and in your communication; because you start to realise what works and what doesn't.

So, if you are struggling in your relationship right now, you have an opportunity.

Your relationship is calling for you and your partner to grow as individuals.



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You are in many ways in a better position than those who plod along in denial. You want to make things better and succeed in this area of your life, rather than just going along accepting more dysfunction. I'm sure you will agree, life is far too short to not attempt to create something we can be proud of in our love lives.

You have an opportunity to use your mind in a new and more intelligent way, so that it stops tricking you into thinking you don't have the power to change your situation.

This highly transformational work is not about being super positive or thinking 'my problems are nothing compared to some people'. These are just another form of denial. It is about understanding the ways your mind is tricking you into creating disconnection with your partner, without you even realising it.

Please know that you are also just missing information.

Just because relationship advice is popular does not mean that it is right or healthy. Many relationship tips and even many therapeutic modalities, lack nuance and real depth. There is also little consideration of:

- a. **The different needs of men and women.**
- b. **The importance of understanding how much impact your energy has on your relationship** and how you can start refining this energy.
- c. **How to work WITH your feelings** in a way that creates freedom in yourself and your relationship (feelings are too often seen as the bad guys, when they can be very useful indeed).

This lack of depth in terms of the information that is readily available is why so many couples get stuck in perpetual cycles of **the following common behaviours. These are only ever going to take their toll on a relationship over time:**

Arguments.
Avoidance.
Criticism.
Nagging.
Stonewalling.
Narcissistic behaviour e.g. entitlement, grandiosity.
Arrogance and the need to control.
Projections of one's own weaknesses and fears onto our partner.
Manipulation and neediness.



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Judgemental comments.

Defensiveness.

No or little physical intimacy.

Feelings of loneliness, anger, sadness, frustration, despair, anxiety, depression, helplessness - without knowing what to do with these feelings.

Victimhood.

The need for drama e.g. arguing followed by make-up sex.

Feeling unlovable or that there must be something wrong with you.

Frequently thinking you need to jump ship.

What is needed to move past the continual cycle of dysfunction?

It is essential to understand the difference between when you are in your most powerful energy and when you are stuck in an energetic lie. This is when you can do something about your situation: rather than getting stuck in the thinking that it must be down to your partner's failings and until they change nothing is going to change.

When you can find the energetic lie that is creating the disconnection, you can pull it apart and see the truth of the matter. Then you can see what action you need to take now or next time. More to the point, you want to become the person who acts according to the truth rather than allowing the 'lie' to run the show.

It is important to remember that the parts of you that get caught up in this energetic dissonance are not the real you. They are heavily invested in doing things in the 'right' way. Whilst there is always a need to take a certain amount of responsibility in life, the right way is only ever going to be the way that feels aligned with your values, not anyone else's. Otherwise, you end up doing things, wanting things, and saying things that just don't reflect who you really are. Then we wonder why we are not getting what we want.

Some examples of energetic 'lies' that can keep you stuck in dysfunction in your relationship:

I've tried everything and nothing changes.

We've tried that before and it didn't work.

I don't have the time.

If I speak up, I'll make things worse.

It's not worth saying anything because she just gets upset.

He doesn't care.

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He's not interested in having sex with me, he obviously doesn't find me attractive.

You can be forgiven for thinking 'but these statements could easily be true'. You would be right. There can be some truth in them depending on the situation. However, it doesn't mean they are the whole truth. It also doesn't mean that you or your partner do not have the capacity to turn your relationship around given new knowledge and more empowered energy.

Let me show you another perspective on each of the above:

I've tried everything and nothing changes. *Another way of looking at this is:* Just because we think we have tried everything doesn't mean we have tried everything. There are always going to be new strategies, tools, and perspectives that we haven't come across.

We've tried that before and it didn't work - *Another way of looking at this is:* When we are working on improving our relationship, we can still hit bumps in the road. In many ways they are like tests to see how we navigate them. Just because we have tried something in the past doesn't mean it won't work in the future if we use it or say it from a different energy.

I don't have time to put all this into practice in my relationship. - *Another way of looking at this is:* It might take a few months to create a transformation that keeps on giving over the long-term (let's consider how many years you have spent repeating the same behaviours). However, if you value something enough you know deep down you want to make the time. Also, some things literally can take 5 minutes when your mind is telling you it will take much longer. For example, you can create connection out of a mundane situation where you are both bored when you trust in your own power.

If I speak up, I'll make things worse - *Another way of looking at this is:* If you speak up with different words and with a different energy you could make things better.

It's not worth saying anything because she just gets upset - *Another way of looking at this is:* If you speak up from an empowered energy she probably won't get upset. In fact, it is more likely she will respect you and feel heard. Even if she does get upset, with new knowledge and skills you can help guide the situation to a solution that benefits both of you.



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He doesn't care - Another way of looking at this is:

Maybe a certain behaviour of his suggests he doesn't care but can you be sure that all his behaviours suggest that? Can you be certain that you are speaking in a way that is helping you get heard?

He's not interested in having sex with me, he obviously doesn't find me attractive.

Another way of looking at this is:

Maybe the energy between you both isn't conducive to being 'attractive' and this has nothing to do with how you look but much more to do with your capacity to be intimate with yourselves.

Underlying all the above thoughts will be strong feelings and emotions that need to be fully felt in the body.

Most people are 'thinking their feelings' rather than feeling them. As a result, they end up in resistance with those feelings rather than allowing themselves to fully feel what is present. Acknowledging the deeper feeling and being able to fully feel it helps us to develop compassion for ourselves and our partner.

I cannot highlight enough the importance of doing the work to get into your body. Our body is hugely powerful in helping us to discern what feels like a yes or a no for us. It helps us learn to trust ourselves in terms of distinguishing between what is empowered energy and what isn't.

One of the biggest differences between your work life and your love life is that feelings and emotions in the former tend to (for the most part) get put to one side because you have to get the job done and keep your job or try to make a profit.

On the other hand, in your relationship if you put your feelings to the side and you don't deal with them in a healthy way, you are going to run into trouble.

For a romantic relationship to thrive over the long-term, feelings must be taken into account.

You and your partner are human beings with feelings and emotions. There is nothing like a romantic relationship to remind us of this fact.

You want to be loved like anyone else but as a child and in past relationships you would have received messages that gave you the impression you were not lovable as you were (many people do not remember this happening).



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You ended up thinking that certain feelings were not acceptable because many people would hold you responsible for their discomfort rather than dealing with it in a truly healthy way themselves. You then had to develop coping mechanisms to protect yourself from your own discomfort that resulted from being rejected in some way. You may even have turned yourself into the 'rejector' because that would have been easier than being rejected.

The fear of rejection and abandonment is part of the human condition and unfortunately many of our behaviours, thinking and feelings result from these fears.

What we must realise is....

Our feelings and thoughts don't get to have power over us unless we give them the power.

We don't have to be someone who uses our thoughts and feelings against our partner.

We don't have to be someone who gets dragged down by these feelings and thoughts to the extent we become a victim, a bully, or an entitled 'child' in our relationship.

Your feelings and thoughts have validity in them but need to be looked at in a deeper, more intelligent way.

This is where and how you get to take your power back to create the love life you want. This is where you start excelling in your relationships rather than just settling, like the majority.

It does of course take two, but it always starts with you.

This doesn't mean that anything is wrong with you, it just means that your conditioning has done a good job on you like any of us.

When you know you have more power than you realise and you can actualise this power, you no longer relate to yourself as powerless or believe you have to wait for your partner to change.

Your next steps?



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1. **If you would like to receive tips and information about how to master your energy in your relationship, [you can sign up here.](#)**
2. **If you are ready to take your relationship onto a completely new level, [you can book a free 30 minute call with me here.](#)**

My fee for a one-off 2-hour Call is £450.

If you are an individual and would like to book one of these 2-hour sessions, [please click here.](#)

If you are a couple, [click here.](#) This fee can be used against any of my longer-term programmes.

You can find all programme prices on [my website.](#)

If you are thinking ‘is it too late for my relationship?’

If you love your partner and know they are a decent person you have every chance to turn things around. Too many people jump ship from relationships that could have been saved.

Not all relationships are meant to last however, especially those where there is abuse or a major clash of values. Addictions also make it very difficult as can past infidelities, this is not to say that you cannot move past them.

All my clients lack clarity on how to transform their relationship. They get caught up in trying to solve their issues and thinking ‘should I stay or should I go?’

is okay to not have clarity but we don’t want to be paralysed by the inability to move forward in a way that makes sense for us.

At the very least, if you do the work, you will know for sure whether you want to stay or leave rather than constantly questioning your relationship. You will also put yourself in a far stronger position when it comes to finding and creating a new, healthier relationship or creating an amicable one with your ex-partner, especially if children are involved.

I didn’t trust myself anywhere near as much as I do now because of this work. I thought I did, but I was operating with a dysfunctional way of relating to myself and to my husband. I was totally unaware I was doing this until I found out the missing information I had spent years looking for. **If you would like to read more about my story, [please click here.](#)**



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I hope this information encourages you to not stay stuck and to start getting more curious.

Men and women are supposed to be working together not against each other. Societal conditioning creates energetic separation between men and women in heteronormative relationships. I am taking a stand for intelligent people who want to do the work to free themselves from being bound to this limited way of relating.

If you have any questions about my work, please feel free to get in touch as info@michelewillmott.com

My relationship mentoring and coaching sessions take place online and face to face in Surrey and London.

I hope to meet you soon.

Michele x



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