



Overcome Your Relationship Sabotage

Why does Relationship Sabotage Happen?

with
Michele Willmott

Why does Relationship Sabotage Happen?

Let's define what I mean by sabotage first of all. Sabotage is any behaviour, responses & ways of thinking that serve to keep love at arms length. Sabotage is based on the lie that it is not possible for us to be loved for being who we really are & thus we fall into the trap of hiding ourselves, selling ourselves short & not living in integrity with what we want or who we want to be.

Sabotage is a recipe for long-term dissatisfaction & the feeling that something is missing.

Fundamentally sabotage stems from:

1. Operating within & under the Wrong Paradigm in relation to Love.

The paradigm we are shown in Western society is one of co-dependency. Here we hold our partner responsible for our emotions & happiness by blaming, criticising & constantly wanting them to behave in a certain way in order for us to be happy & to feel loved.

Much of this behaviour is often unconscious & unintentional & even though many people understand intellectually that they are responsible for their own happiness, this is not what is played out in their relationship.

Anywhere where we are displaying behaviours such as blame, criticism, defensiveness, avoidance, entitlement, a lack of trust, victim-hood & manipulation indicate that we are giving our power away to the idea that love is created outside of ourselves, i.e. the degree to which they feel loved is dependent on how their partner is feeling or behaving towards them.

with
Michele Willmott

Why does Relationship Sabotage Happen?

This is energetically incorrect because **LOVE COMES FROM YOU.**

We attract & create love, connection, intimacy, fun & aliveness in our romantic life from who we are; from our energy in any given moment. Our energy is determined by how much responsibility, commitment & integrity we are showing up with as well as how much faith, presence, self trust, acceptance & compassion we have within ourselves.

The Old paradigm is essentially a recipe for unhappiness, disconnection, loneliness, discord & fear in our romantic lives. Within this societal framework we are not taught what it means to be a truly powerful creator or what self trust really looks like. Instead we are encouraged to doubt ourselves, put ourselves down, we fear rejection & tend towards acts of self preservation & protection rather than trusting that we can be loved deeply for being our true selves.

Both men & women are conditioned to have an unhealthy relationship with their own natural masculine & feminine energies. This creates a situation where women are encouraged to see all things male & the masculine as something that is not to be trusted; and men are conditioned to relate to women & all things feminine as something to be wary of, to fear or try & control. Even though you may not see men or women in this way, we have all been conditioned to mistrust healthy masculine & feminine expression & so it cannot help but come out in our thinking, feelings & ways of behaving.

This all pervading-paradigm is fundamentally responsible for keeping men & women separate & always at war with each other; rather than creating limitless possibilities for love, support, connection & joy.

with
Michele Willmatt

Why does Relationship Sabotage Happen?

What I will be sharing with you in this mini course is how to start changing this paradigm within you, so that you start to create & attract more of the scenarios that you desire in your love life. More importantly, this work provides the foundations for changing the degree to which you inherently KNOW & FEEL that you are DEEPLY LOVED.

In the tables below you can see the types of sabotaging behaviours that show up in the Old paradigm compared to that of the new paradigm.

OLD PARADIGM

VERSUS

NEW PARADIGM

Co-dependency - worrying about what partner thinks or upsetting partner.
Unhealthy boundaries.
Reoccurring conflict, hurt, pain, projections, manipulation. Avoidance of taking action & having conversations around potentially difficult subjects e.g. money, sex, family, children.

Lack of self trust & trust in partner.
Infidelity. Abuse & Narcissism. Hiding oneself, not being fully honest, paranoia & suspicion.

You trust yourself fully in this area of your life. Willingness to take action based on intuitive, inner wisdom. Emotional connection. Freedom to be oneself. Alignment with values, desires & standards for oneself.

True & connected physical Intimacy & passion. Better emotional, physical & mental well-being & stress management.

with
Michele Willmott

Why does Relationship Sabotage Happen?

Management & suppression of emotions (due to certain emotions being considered inappropriate e.g. depression, anxiety, anger, rage). Toxic positivity. Risk adverse. Perfectionism. Addictive behaviours e.g. food, alcohol, sex, overthinking.

Lack of integrity with self & one's values & desires. Denial, dismissal, criticism, bullying, defensiveness, passive aggression, victimhood, martyrdom. Lack of responsibility taken for own emotional well-being & true power.

Unhealthy relationship with emotions, causing parts of self to go underground & create chaos from behind the scenes. Unhealthy relationship with desire leading to the objectification of self & love.

Adventure, fun, play, laughter, openness, transparency, honesty, integrity, celebration, support, appreciation, acceptance, compassion, vulnerability. No holds barred regarding conversational topics. Full responsibility taken for own emotional, mental & physical well-being.

Willingness to have uncomfortable conversations. Healthy boundaries & ability to adapt them according to the situation & in the moment. Able to transmute & mine the gift out of one's emotions & experience more love & compassion for self & others.

Understanding of what it means to be in one's true power & the nature of Time (Time is now).

2. An unhealthy relationship with our emotions.

Because we are all conditioned to operate & relate to each other under the paradigm I describe above, we are also conditioned to deny ourselves a healthy relationship with ALL of our emotions.

This means that some of our emotions (the ones that we were told were not appropriate or acceptable) go underground or are expressed in such a way that is used against ourselves & our partner albeit unintentionally. The fact that this happens causes people to think there is something wrong with them & to continually make themselves & their partner wrong, when generally all that is happening is that a particular emotion or desire is not being fully acknowledged, expressed or honoured.

with
Michele Willmatt

Why does Relationship Sabotage Happen?

To have & enjoy a healthy relationship with our emotions requires a fully integrated feminine within ourselves. What I mean by this is that we need to heal our relationship with our own feminine energy. Feminine energy is not valued in the old paradigm for love. It has been curtailed, criticised & denied for many a year & this has created huge problems for everyone when it comes to relationships but also life in general.

To have a healthy relationship with your own feminine energy (as a man or a woman) involves being able to relate to ourselves as human beings with emotions as well as having a relationship with our body & not just view everything through our mind. Many people are totally disconnected from their true feelings because they tend to be cut off from their bodies, instead trying to rationalise everything, be perfect & avoid making 'mistakes'.

In this course I will be sharing with you some transformation ways of relating to your own emotions, that will help you start creating more love from within yourself, so that you stop 'waiting' for it to come from outside of you.

The third reason as to why so many people sabotage their relationships is because....

3. Our unconscious beliefs & our past traumas are having a FAR greater detrimental effect on our romantic relationship than we realise.

Your unconscious is HUGELY powerful. It accounts for over 90% of your brain's activity & thus has a massive impact on your behaviour & thinking (conscious mind) without you realising it.

with
Michele Willmott

Why does Relationship Sabotage Happen?

For most people, we have repressed or disowned parts of us that had to go 'underground' when we were younger. They were considered dangerous to our ego & we had to do everything we could to keep ourselves safe or protected in a situation that may have been very threatening or at the very least highly uncomfortable.

When I work with a couple or an individual these parts of the self show up in interesting ways. These are the parts of us that do not know how to get their needs met & so they may suddenly pop up in our relationship in a way that may be manipulative or needy. There may also be an outburst of anger, confusion, resistance to change or victim-hood.

Many people have also experienced or witnessed traumatic situations in their relationships at some point or another. It is worth noting that even though you may think 'oh but that was a long time ago, I've got over that' or 'it doesn't affect me now'. However, if you are struggling in your love life to any extent, the chances are that this or these events & the internal resistance they produce are still playing a role & holding you back.

It is important to work WITH your resistance, rather than trying to 'get rid of it'. Trying to put a happy face on & 'soldier on through' ends up being a coping mechanism, which does not address the underlying reasons as to why you are stuck. Your resistance always has a gift within it, which contains the seeds of transformation & your next level in love.

with
Michele Willmott

Why does Relationship Sabotage Happen?

The fourth reason as to why so many people sabotage their relationships is due to.....

4. A HUGE lack of INTERNAL boundaries.

Having an unhealthy relationship with our emotions stems from having a lack of healthy internal boundaries & this relates to our relationship with our own inner masculine energy. Without a healthy inner masculine we do not take full responsibility for our emotions, our true creational power or our vision. We also do not understand how to relate to our rational mind & this is one of the biggest causes of relationship sabotage.

Without a healthy & integrated inner masculine, our inner feminine is not able to feel safe enough to be her true self & to get in touch with all of her emotions. She will spend a lot of time suppressing & pushing down her emotions or on the other end of the scale she will be very emotional to the extent that her emotions seem to have control over her & she doesn't know what to do with them.

A woman without a healthy inner masculine will not trust that she can create & thus receive what she desires. She will not feel chosen & she will end up feeling hurt time & time again.

A man without a healthy inner masculine will either suppress & numb himself or display domineering & controlling behaviours. In the same way he will also not feel that he can trust himself to create what he wants deep down. He will stay disconnected to his desires, always looking outside of himself for this beautiful goddess to show up or at the very least he will plod along not questioning his behaviour & just thinking 'this is the way things are'.

with
Michele Willmatt

Why does Relationship Sabotage Happen?

In this minicourse I will be sharing with you how to improve your internal boundaries so that you can start having a healthier relationship with your emotions & in order for you to take a stand for what you really want to create in your love life. When you have better boundaries you will also become more magnetic on an energetic level.

with
Michele Willmatt