



## Self-sabotage and getting out of Your own way

### Overcoming self-sabotage in relationships whether that's with friends, lovers or colleagues

Many of us have been programmed to go into a stress response when we fear getting hurt, and create false beliefs that say, for example, "I can't handle emotional pain." With this in mind you might find yourself fleeing a work, friendship or romantic relationship situation a bit like you'd do a runner from physical danger when in reality the threat is coming from your false beliefs.

For many people, the fear of rejection and the fear of commitment keep them out of relationships and leads to self-sabotaging behaviour that may include:

*"I keep myself isolated."*

*"I rush into a relationship, making things up about the other person and wanting to spend all my time with him or her, and then either I do a quick retreat or the other person does a quick retreat."*

*"I give myself up to the point of resentment and then end the relationship."*

*"I make so many demands on my partner that he or she feels smothered and ends the relationship."*

*"I judge everyone I meet as not being good enough for me."*

Does any of this sound familiar? How else have you experienced people self-sabotaging relationships?

**\*\*Seeing behaviour more clearly has nothing to do with over-applied self-blame, but rather being more objective and aware of your actions and of those around you\*\***

So, with that insight in mind, below are a number of ways you can heal your self-sabotaging behaviour and help get you unstuck, based on the work of relationship expert Margaret Paul, Ph.D. who is a best-selling author, and co-creator of the powerful Inner Bonding® self-healing process:

- **Notice self-judgments:** It is likely that your self-judgments are a major reason you are stuck. Self-judgment is a major form of self-sabotage. When you notice yourself judging yourself, ask your higher self for the truth.

- **Examine when you are most susceptible:**

Maybe you have unconsciously chosen a partner who reminds you of someone in your past. If your emotional reaction to your partner is similar to what you experienced before, you may automatically behave just as you did back then. Or, you may be most susceptible in a certain location or while experiencing a certain kind of weather. Slow down your reactivity.



- **Create a new vision and find alternative behaviour:** Identify what you are leaving behind, have a vision of who you want to become, decide how you can make it happen and ensure that your new behaviour will hold. What resources will you use, what will you use to judge your progress, and are you being supportive of yourself?
- **Shift your definition of your worth, from outcomes to effort:** Decide that you will define your worth by the loving actions you take for yourself and others, rather than by the outcome of the actions.
- **Consciously see mistakes and failure as stepping-stones to success, rather than as definitions of your worth:** Make it okay to fail. Allow failure and mistakes to inform you that you need to learn more, rather than being indicators of your intelligence or worth, or lack thereof.
- **Learn to be kind and compassionate toward your own feelings:** When you can embrace your painful feelings with kindness toward yourself, rather than with judgment, you will not be so afraid of being hurt.
- **Make a decision that you are willing to lose another person rather than lose yourself:** You will not fear rejection or engulfment when you learn to be true to yourself, and you are willing to take loving action in your own behalf even if another person doesn't like it.

By doing the above inner work, you can move out of your self-sabotaging behaviour and into satisfying work and a loving relationship.

- **Keep your eye on which you want to become:** Reach out to your support system. Don't let your partner sabotage your efforts for change.
- **Remember the big picture:** Reach for success in small steps. Keep trying. Focus on couples that have overcome similar challenges.

