

Why Do I Keep Messing Up My Relationship? – A Relationship Expert Reveals the Real Reason Behind Your Self-Sabotaging Patterns

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~ Brené Brown

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Do inner work



If self sabotage is a problem in your relationships, it is time to look at your part and to do some work on yourself.

You might have to dig deep and it may take a while, but you can get to the root of this issue.

There are many reasons why we can sabotage our relationships, without even consciously knowing what we are doing.

Many self sabotage patterns stem from unresolved unconscious conflicts that have not been identified and addressed from early childhood.

For instance, if you had a father who abandoned you, you may unconsciously seek out men who are unavailable, or get bored with men who are available, steady, and healthy.

Although it doesn't make sense, we can get addicted to drama, excitement, chaos, and confusion if we experienced these types of relationships and resulting emotions in our early family life.

Our emotional hard drive may be faulty.

We can unconsciously replicate our original relational patterns until we do the psychological work necessary to understand them, heal , and resolve them.

Another common example is being attracted to active alcoholics or addicts.

This is another way that we can unconsciously sabotage ourselves, which can result from having grown up with an alcoholic or dysfunctional parent. You can have an almost uncanny radar for picking out people who are similar to your most important early life relationships.

The characteristics that they embody can have such a strong pull on you, that even though you know something is not healthy and is going to end badly, you can't stop yourself from getting into it anyway.

Another scenario is when you sabotage your relationships by acting out in self destructive ways.

This could present as difficulty managing anger, excessive anxiety, neediness, overeating, overspending, having affairs, or taking drugs and alcohol. These self-destructive behaviors are often rooted in unhealed trauma and unprocessed stored emotions from the past.

Until we do the work to uncover, understand, and begin to heal our early wounds, we may be destined to repeat them.

Over and over and over again. This does not happen simply so that we can suffer throughout our entire lives. In the bigger picture, this happens so that we can break the cycle, and learn how to heal ourselves and our early wounds.

Use self-sabotage as a signal.

Self sabotage is an indicator that you have some psychological work to do in therapy. If you are recognizing this pattern, get busy, do your work, stay with it, and trust that you can break your patterns and create a beautiful and fulfilling life that you love.

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