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# Love & Wealth Lab's Relationship Saboteur Assessment



## How much of a Relationship Saboteur are you?

Let's find out!

Go through all 41 statements on the next page with a pen and paper.

You'll notice that each statement starts with a letter(A, B, or C.)

Each time you agree with a statement, write down the starting letter of the statement on the piece of paper.

Be honest. This is for your own good.

When answering, reflect on the most recent weeks of your life and recall key moments.

There is no right or wrong answer to this.

When you're done, add the number of A's, B's, and C's you have and proceed to the assessment page.

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- A - I'm always sensitive to my romantic partner's moods.
- B - I think most people are honest and trustworthy.
- C - I prefer no-strings-attached sex to a few people over being committed to one person.
- B - I'm OK sharing personal thoughts and feelings with my romantic partner.
- A - I'm afraid that if we break up, I'll never find love again.
- C - I'm nervous if my romantic partner gets too close to me
- A - During an argument, I impulsively say or do things that I later regret
- B - I don't question my entire relationship after one argument.
- C - My romantic partners often want too much more intimacy than I'm comfortable with
- A - I feel I'm not attractive enough.
- B - I feel my partners see me as boring because I rarely create drama in relationships
- C - I miss my partner when we're apart, but when together, I feel like escaping.
- B - I'm comfortable disagreeing and expressing my opinions with someone
- C - I hate it when others depend on me.
- B - If I notice someone I like being interested in someone else, I only feel a brief jealousy, and it's gone.
- C - I'm relieved if someone I like is checking out someone else. It means they're not looking for exclusivity.
- A - It makes me depressed if someone I like is interested in someone else.
- C - If someone I'm dating starts acting cold and distant, I won't care and feel relieved.
- A - If someone I'm dating suddenly acts cold and distant, I feel like I did something wrong.
- A - If my partner breaks up with me, I'll try to make them jealous.
- B - If someone I've been dating for a few months breaks up with me, I would feel hurt, but I'll get over it.
- C - If I get what I want in a relationship, I'm not sure what I want anymore.
- B. I have no problems staying platonic friends with my ex.
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A - I often worry that my romantic partner will eventually lose their love for me.

B - It's easy for me to be affectionate with my romantic partner.

A - If someone knows the real me, they won't like me.

C - Breakups don't affect me. I can quickly move on

A - If I'm single, I feel alone and incomplete.

C - It's hard for me to emotionally support my romantic partner when they're feeling down

A - When my romantic partner is away, I worry she might be attracted to someone else.

B - I'm OK, depending on my romantic partner.

C - It's more important that I have my own space and independence in a relationship than the actual relationship.

C - I rarely share my innermost feelings with my romantic partner.

A - If I reveal my romantic feelings about someone, I'm afraid they won't feel the same.

B - I'm happy and satisfied in my romantic relationship.

B - I don't need to act dramatically in my romantic relationships to achieve something.

A - I often think about my relationship issues.

C - It's difficult for me to depend on my romantic partners.

A - I easily get attached to my romantic partner.

B - It's easy for me to express my needs and wants to my romantic partner.

C - I always feel angry or irritated with my romantic partner for no reason.

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## How Did You Do?



How many A's, B's, and C's did you get? And what do they all mean?

First, let's talk about the letters.

These letters refer to the 4 Attachment Styles.

**What are Attachment Styles?**

Attachment Styles are unconscious patterns that affect how we:

- Feel comfortable with intimacy and connection.
- Handle conflicts.
- Our sexual attitudes.
- Communication of our needs and wants.
- What we look for in a partner & relationship.

**What are the 4 Attachment Styles?**

- A - Anxious Attachment Style
  - B - Healthy and Secure Attachment Style
  - C - Avoidant Attachment Style
  - D - Anxious-Avoidant Attachment Style
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## Interpreting your Assessment



If you answered mostly B's, congratulations! You have a **Healthy and Secure Attachment Style** and are not a Relationship Saboteur

The more A's and C's you have, the more likely you have an insecure attachment style, aka, a Relationship Saboteur.

Mostly A's indicate you have an **Anxious Attachment Style**. Anxious attached people are afraid that others will be upset with them.

If this is you, you'll often feel that you're "not good enough, or " that you're not "there yet."

You must work hard to gain others' love, affection, and approval. Your loved ones cheating or leaving you constantly haunt your thoughts.

If you have many C's, you have an **Avoidant Attachment Style**. You dislike getting too emotionally close to someone and would rather spend more alone time.

Furthermore, you hate it when people depend on you for support and approval.

As a result, you find it hard to build deep, meaningful, and long-lasting relationships.

But what if I have an almost equal mix of A's & C's?

This means you have an **Anxious-Avoidant Attachment Style**, which combines aspects of the Anxious, and Avoidant attachment styles.

In essence the worst of both worlds.

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## What does this mean for my relationships and life?



Attachment styles are formed by a variety of genetic factors and emotional trauma that happen throughout our lives, especially in childhood.

As long as you're an Anxious, Avoidant, or Anxious-Avoidant, you are prone to sabotaging your life and relationships.

Our attachment styles influence our unconscious behavior patterns in a relationship. They're the reason why you face the same issues in every relationship or why you always fall for the wrong kinds of people, which leads to general unhappiness, loneliness, and depression.

And not just in relationships.

These emotional traumas and subconscious behaviors affect your overall life.

You might feel underappreciated and undervalued by your friends, loved ones, or even your boss. You might feel helpless and lack control in your life.

Your passion for life and relationships will eventually wither away as you turn to drugs, alcohol, weed, video games, porn, escorts, or any escapism and distractions to numb the pain.

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# There's Light at the End of the Tunnel!



What if you could learn to recognize and manage your attachment style's self-sabotaging unconscious patterns?

Or even slowly transform your attachment styles into healthier ones while destroying negative emotions and behavior?

What if you could wake up each day with high energy, be happy, and be excited about what the day might bring?

Wouldn't you stop self-sabotaging your relationships and life?

It may seem impossible or unbelievable, but the stories I've heard and my own personal experience prove otherwise.

No matter what you scored on the assessment, we all have the power to change and regain control of our lives.

Together, let's face your issues and resolve them.

To get started, reply to my emails with the text:

**"TAKE CONTROL."**

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