
Signs of a Relationship Saboteur



The 18 Signs of a Relationship Saboteur

As a high achiever, John seemed to have it all.

However, beneath the facade, John struggled with keeping it all together.

You see – John is Anxious-Avoidant.

The Anxious part of him constantly worries about his relationship and frets about what others think of him.

He fears rejection so much that he has learned to project an ideal false self to his romantic partner and others.

John worries that they will reject him if they discover his true self, but maintaining the facade is tiresome, and he is beginning to slip.

Furthermore, his Avoidant parts avoid taking risks, and often prefer to stay within his comfort zone and safe spaces.

This prevents him from growing and fully connecting to others on a deeper emotional level.

Would all of this be possible to know by looking at John?

No way.

John is a master of pretending after years of pain and failure.

But by observing him closely, you will notice signs that John is a Relationship Saboteur



1. Worrying about rejection if people knew the real him

John often wonders if his true self is enough to be accepted. He often projects a false self that he thinks people will find ideal.

2. Feeling incomplete without a partner.

Without a partner, John lacks direction and purpose.

He craves the anchor of a relationship to feel whole.

3. Anxiety about his partner/crush finding someone else attractive.

The idea of his significant other or someone he likes, liking someone else, sends John into a whirlwind of insecurity, questioning his own worth and appeal.

4. Fear of rejection when expressing romantic feelings.

When it comes to expressing his feelings, John's heart races as he is faced by the terror of rejection.

5. Regularly dwelling on relationship problems.

John's mind is a relentless loop of relationship issues.

Each replay amplifies his relationship anxiety and doubts, real or imagined.

6. Quickly becoming overly attached to someone.

John often gets attached quickly to anyone who gives him attention or interest.



7. Being overly sensitive to his partner's mood changes.

John is acutely attuned to every shift in his partner's mood. A change in tone or a quiet moment will spark a cascade of worry about what he might have done wrong.

8. Fear of never finding love again after a breakup.

After a breakup, John is haunted by the dread that he might never find someone to love again.

9. Saying or doing regretful things impulsively during an argument

In the heat of disagreement, John often blurts out words he'll regret later. This is his anxiety pushing him into corners of impulsive defensiveness.

10. Feeling unattractive.

Looking in the mirror, John is met with a barrage of self-criticism and negative self-talk.

11. Blaming himself when someone he's dating becomes distant.

As previously stated, John is sensitive to his partner's sudden mood changes. When they become distant or cold, he immediately thinks he's at fault and racks his brain trying to solve the issue.



12. Trying to make his ex jealous after a breakup.

Post-breakup, John's hurt propels him into schemes of making his ex envious. Of course, this is a misguided attempt to soothe his bruised heart.

13. Difficulty in emotional intimacy & support to his partners

Each attempt at intimacy or support by John's partner is marred by his anxiety's whispers of inadequacy and fear of vulnerability.

14. Struggling to rely on his partners.

In the past, John's trust was shaken by past disappointments, leaving him to navigate his anxieties alone. Now, he prefers not to rely on anyone else.

15. Frequent, unexplained annoyance or anger towards his partners.

John's irritability with partners often emerges from nowhere. He can't quite explain this, except that unspoken anxieties fuel it.

16. Discomfort with the level of intimacy his partner desires.

John feels very uncomfortable if his partner desires a deeper level of intimacy.

17. Dislike others relying on him.

The prospect of being someone's pillar is daunting to John. He feels more likely to crumble under the weight than offer any real support.

18. Feeling relieved instead of concerned when his partner becomes distant.

John's initial reaction is relief when his partner pulls away, though this respite is tinged with guilt.

Were there any signs that you relate to?

If so, pay attention.

Being a Relationship Saboteur will trap you on a path of loneliness, bad relationships, and depression.

You only have one life. Are you really going to go through life without living it to the fullest?

Is this something that you really want to ignore?

Maybe you feel that nothing can be done, and you're trapped and helpless?

I'm here to tell you and reassure you – you can change.

You're not alone.

Reach out to me via email, and let's talk.