

Taos News Article

The Taos News has committed to implement a weekly column to help educate our community about emotional healing through grief. People may write questions to Golden Willow Retreat and they will be answered privately to you and possibly as a future article for others. Please list a first name that grants permission for printing.

November 5, 2015 Taos News Article
How does Sabotage Fit in to Emotional Healing

Dear Ted,

I was at the Golden Willow Retreat conference this last week which I found very helpful in my personal and professional work. I appreciated that the presenters were talking about shame and how it manifests in our psyche and then can cause a delay in our emotional growth and well-being. There was talk of the saboteur within ourselves and how this can cause a “disconnect” within relationships and myself. Will you please say more on this?

Thank you,
Linda

Dear Linda,

I appreciate you attending the conference and what a great question to bring forth. Each of us has a tendency of sabotaging connection and the potential for a better quality of life. I often find that the people who are sabotaging the opportunity to connect have no idea that they are manifesting disconnection and have a loose saboteur running a large percentage of their life.

Each of us have certain times in our life where there has been wounding. This affected our development of attachment which, in turn, can make relationships scary. Sometimes relationship can be so difficult that people will, consciously and unconsciously destroy the possibility. This doesn't happen only in romantic relationships, but can be in any type of relationship. What happens is this – as you begin to feel intimate (a feeling of closeness) there can be a fear that arises. You may not even notice this fear. The fear can be a fear of abandonment, fear of not being good enough, fear of failing and fear of inadequacy. These are just a few of the possible fears one may feel.

From this fearful state of mind, the psyche will manifest behaviors that cause damage to the growing relationship. These are some of the behaviors that can manifest. You may become less dependable, or aloof. Perhaps you don't share information, or blow up and rage. Sometimes people are dishonest or unpredictable. This can cause the other person to retract and may not be as willing to be as close to you. Now they don't feel emotionally safe with you and within the relationship.

This can happen person to person or within a team such as in your work environment or a group working on something. As more time is spent together, relationships begin to develop and emotional connection begins to develop. As people

begin to feel safe with one another the relationship matures and grows. As relationships develop, these old bonding wounds are triggered and the saboteur within the psyche becomes stimulated and behaviors that hurt the level of intimacy pop up again.

The sad part is that your internal voice may be saying statements such as, “I’m not good enough, I don’t deserve love and friendship, I’m bad” and so on. This causes continued severing when there is actually opportunity for relationship and connection.

Consciously being aware of these behaviors, choosing to get help from professionals, and safe people can allow the saboteur to subside and open up the opportunity to manifesting healthy and deep relationships as well as heal old wounds from the past.

I wish you well. Until next week, take care.

Golden Willow Retreat is a nonprofit organization focused on emotional healing and recovery from any type of loss. Direct any questions to Ted Wiard, LPCC, CGC, Founder of Golden Willow Retreat at (575) 776-2024 or GWR@newmex.com