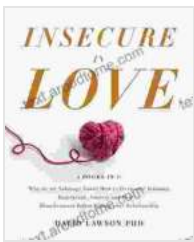


Why Do We Sabotage Love? How to Overcome Jealousy, Heartbreak, Anxiety, and Fear

Do you ever find yourself sabotaging your relationships?

If so, you're not alone. Many people struggle with this issue, which can make it difficult to find and maintain healthy, fulfilling relationships. But there is hope. In this book, relationship expert Dr. John Gottman reveals the hidden reasons why we sabotage love, and he provides proven strategies for overcoming these challenges.



Insecure in Love: 4 Books in 1: Why do we Sabotage Love? How to Overcome Jealousy, Heartbreak, Anxiety and Fear of Abandonment before Killing your

Relationship by David Lawson PhD

★★★★☆ 4.8 out of 5

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| Language | : English |
| File size | : 1636 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 423 pages |
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Dr. Gottman has spent decades studying relationships. He has identified four main reasons why people sabotage love:

1. **Fear of intimacy.** Many people are afraid of getting too close to others because they fear being hurt or rejected. This fear can lead to self-sabotaging behaviors, such as avoiding relationships, pushing people away, or creating conflict.
2. **Low self-esteem.** People with low self-esteem often believe that they are not worthy of love. This can lead them to sabotage their relationships in Free Download to confirm their negative beliefs about themselves.
3. **Unrealistic expectations.** Some people have unrealistic expectations about what relationships should be like. They may believe that relationships should be perfect, and that anything less than perfection is not worth having. This can lead to disappointment and frustration, which can cause them to sabotage their relationships.
4. **Unresolved trauma.** People who have experienced trauma in their past may be more likely to sabotage their relationships. This is because trauma can make it difficult to trust others, and it can also lead to feelings of shame and guilt.

If you find yourself sabotaging your relationships, it's important to understand why. Once you understand the reasons behind your behavior, you can start to work on overcoming these challenges.

Dr. Gottman provides a number of proven strategies for overcoming the challenges that can lead to relationship sabotage. These strategies include:

- **Challenge your negative beliefs.** If you believe that you are not worthy of love, or that relationships should be perfect, it's important to challenge these beliefs. Ask yourself if there is any evidence to support

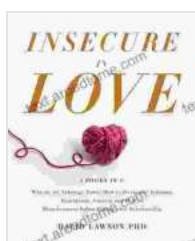
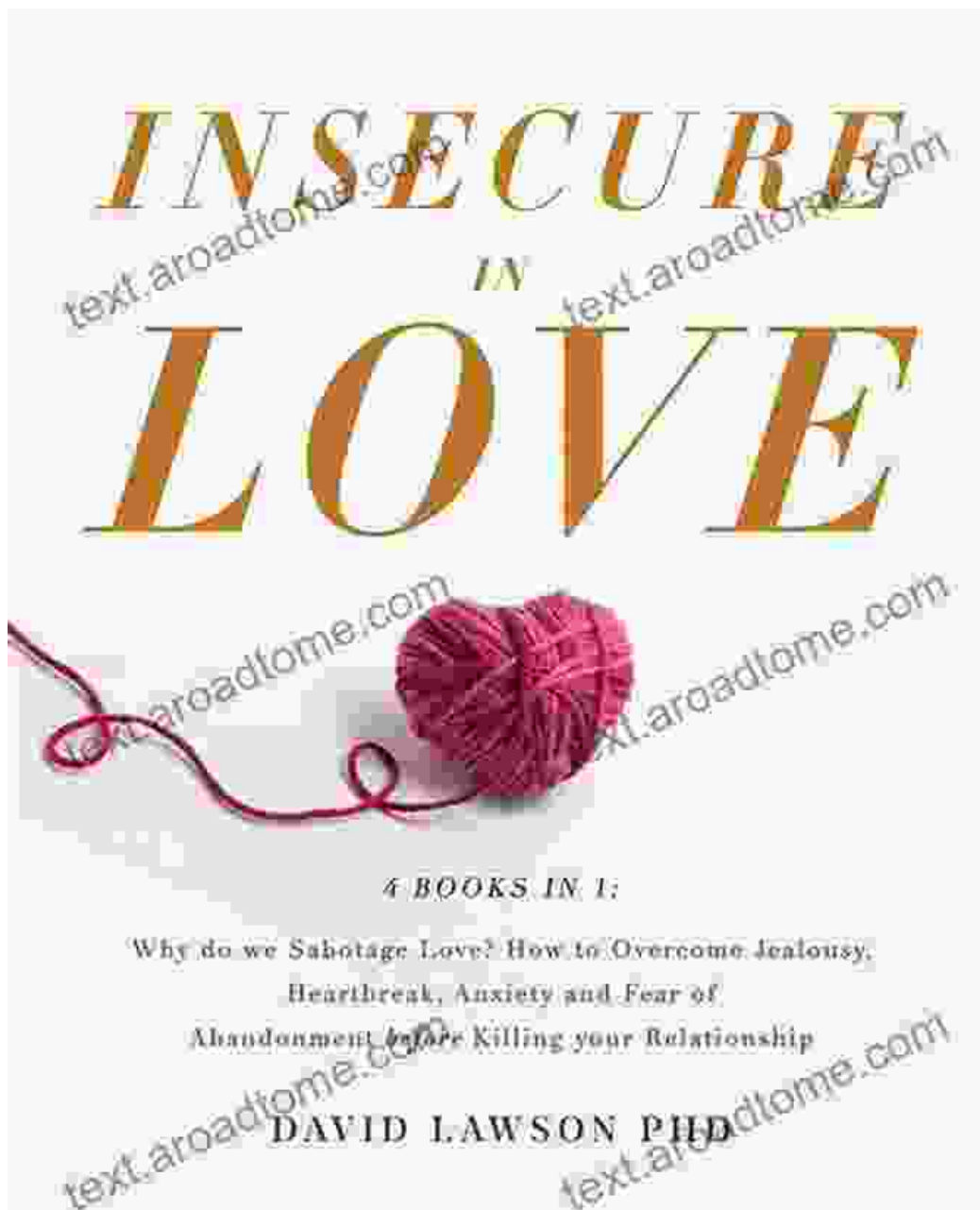
these beliefs. Are there people in your life who love and care about you? Have you ever been in a healthy, fulfilling relationship?

- **Build your self-esteem.** If you have low self-esteem, it's important to work on building your self-worth. This can be done through therapy, self-help books, or support groups. The more you believe in yourself, the less likely you are to sabotage your relationships.
- **Set realistic expectations.** It's important to set realistic expectations for relationships. Relationships are not always easy, and there will be times when you have to work through challenges. But if you have realistic expectations, you're less likely to be disappointed and frustrated, which can lead to sabotage.
- **Heal from your past trauma.** If you have experienced trauma in your past, it's important to heal from this trauma. This can be done through therapy, self-help books, or support groups. Healing from your past trauma will help you to trust others and to let go of the shame and guilt that may be causing you to sabotage your relationships.

Overcoming the challenges that can lead to relationship sabotage is not easy, but it is possible. If you are willing to put in the work, you can learn to build healthy, fulfilling relationships.

Dr. Gottman's book, *Why Do We Sabotage Love?*, is a valuable resource for anyone who wants to overcome the challenges that can lead to relationship sabotage. The book provides a wealth of information and practical advice that can help you to build stronger, more lasting relationships.

If you are ready to stop sabotaging your relationships, I encourage you to [Free Download](#) your copy of Dr. Gottman's book today.



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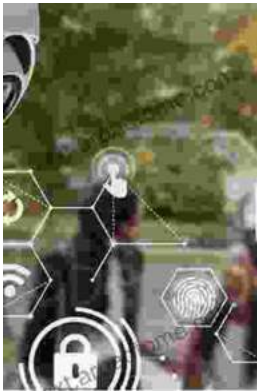
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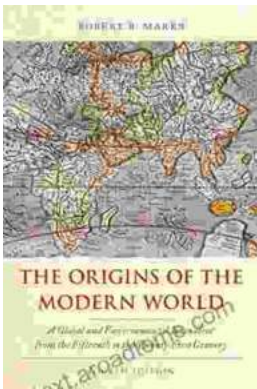
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