

# COMMON CAUSES FOR SELF-SABOTAGING RELATIONSHIPS

## FEAR

- Fear of Being hurt
- Fear of Rejection
- Fear of Abandonment
- Fear of Commitment

Fears can be a result of many factors that come with being in a relationship.



## DIFFICULTY WITH SELF-ESTEEM & NEGATIVE SELF-CONCEPT

Low self-esteem and negative attributions about the self and others can affect interpersonal relationships.



## BROKEN TRUST

Broken trust is often a result of past experiences of betrayal. This includes being unable to trust romantic partners and feeling overly jealous.



## HIGH EXPECTATIONS

High expectations of romantic relationships may be a product of unrealistic standards derived from perfectionistic traits.



## LACK OF RELATIONSHIP SKILLS

Lack of relationship skills refers to individuals' inability to understand or have insight into couple dynamics. For example, not being open to finding solutions and not admitting fault for relationship issues or breakdown.



# My Relationships My Self By Walker Jan

**Lei Huang**



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Status Offenders United States. Congress. Senate. Committee on the Judiciary. Subcommittee on Juvenile Justice,1991      **Billboard** ,1965-12-04 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends      *Hodder & Stoughton's sixpenny novels. No.6 448* Hodder and Stoughton, ltd,1901      *Love and Toil* Ellen Ross,1993-11-25 The feisty warm hearted mum has long figured as a symbol of the working class in Britain yet working class history has emphasized male organizations such as clubs unions or political parties Investigating a different dimension of social history *Love and Toil* focuses on motherhood among the London poor in the late Victorian and Edwardian years and on the cultures communities and ties with husbands and children that women created Mothers skills in managing the family budget earning income and caring for their children were critical in protecting households from the worst hardships of industrial capitalism yet poverty or the threat of it molded intimate relationships and left its imprint on personalities This book is also a case study demonstrating the larger argument that the concept of motherhood is more socially and historically constructed than biologically determined Shaky household economics pressure toward respectability the close proximity of neighbors the precariousness of infant and child life and little chance of better lives for their children shaped the work and

emotions of motherhood much more than did the biological experiences of pregnancy birth and lactation This beautifully written book embellished with Cockney slang and music hall songs addresses fascinating questions in the fields of women s studies labor history social policy and family history      **The Shamrock** ,1877      **Confessions of a Streetwalker** David L. McKenna,2016-05-10 In 2005 my wife Jan and I moved into a condo along the shores of Lake Washington Even though I had served as President of Seattle Pacific University back in the 1970s I was unknown on the streets of the resort like village of Kirkland Washington Each morning Molly our Maltese puppy and I went across the street for her potty break and exercise Soon with Molly as the introducer I discovered a new world where strangers became friends through the connection of our dogs Later after two back surgeries Jan joined us on our daily walk down the street through the village and around the park by using a doggie stroller as a substitute for a walker The sight of the three of us walking down the street with Molly peering forward from her seat at the helm of the stroller became a phenomenon of its own on the streets of Kirkland Together we walked through an open door of learning and found that friendship based upon listening caring and giving is a grace that God reserves for plain people who walk daily and serve joyfully in common places      *Beware of the Other Side(s)* Heike Schwarz,2014-03-15 This interdisciplinary study examines the still vivid phenomenon of the most controversial psychiatric diagnosis in the United States multiple personality disorder now called dissociative identity disorder This syndrome comprehends the occurrence of two or more distinct identities that take control of a person s behavior paired with an inexplicable memory loss Synthesizing the fields of psychiatry and the dynamics of the disorder with its influential representation in American fiction the study researches how psychiatry and fiction mutually shaped a mysterious syndrome and how this reciprocal process created a genre fiction of its own that persists until today in a very distinct self referential mode      *Tyler's Quarterly Historical and Genealogical Magazine* ,1925      **The Works of Shakespeare: Sonnets, ed. by C. Knox Pooler** William Shakespeare,1918      Billboard ,1965-11-27 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends      *The Cumulative Book Index* ,1988 A world list of books in the English language      Saint Pauls ,1870  
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