

Why You Self-Sabotage in Love



Why you cling, overthink, or pick fights — and how to **stop sabotaging the love you want to keep**

It's Not You. It's Your Nervous System.

You know your childhood left you with abandonment wounds. You know they're probably connected to your patterns of choosing the wrong partners or pushing the right ones away. You just don't know how to **stop**.

If you:

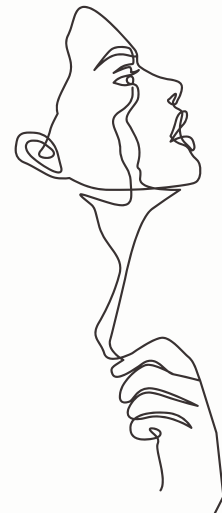
- Overanalyze a text that's been left on Read...
- Start fights just to get reassurance...
- Cling so tightly that your partner feels suffocated...

You're not broken. You're programmed — by a nervous system that learned love wasn't safe.

Maybe growing up, love meant people-pleasing or performing. Maybe you were abandoned or neglected, so your body learned to chase closeness like oxygen. Now even small disconnections feel dangerous.

That panic? It's not about them. It's your body remembering what it felt like to be left.

But what once protected you... is now sabotaging the connection you **want to keep**.



What's Really Happening In Your Body

When someone pulls away — or even just gets quiet — your survival system lights up like a fire alarm:

- Your **amygdala** screams: “Danger. Abandonment incoming.”
- **Cortisol** floods your body: racing heart, shallow breath, spiraling thoughts.
- Your **attachment system** kicks in: You might reach out repeatedly... or start a fight just to feel close again after the make-up.

It's not about willpower.

It's not “overreacting.”

It's your body chasing safety — the only way it knows how.

And here's the good news:

You can **rewire** this pattern.

Understanding the roots of your abandonment wounds will help you heal them - but that's only part of the puzzle. The piece that's often missed is the connection with your body.

Your body (your nervous system) needs to relearn what safety actually feels like, so it can stop sending your brain signals that tell it to panic whenever love feels too calm.

Try This When You're Spiraling

A 2-Minute Somatic Reset

You can't logic your way out of a spiral — but you can shift your body out of panic. Here's a mini-reset you can use every day:

Step 1: Interrupt the Loop

Whisper to yourself:

💬 *"My body thinks I'm being abandoned — but I'm safe in this moment."*

Step 2: Ground Into the Now

Do the 5-4-3-2-1 sensory scan:

- **5 things** you can see
- **4 things** you can touch
- **3 things** you can hear
- **2 things** you can smell
- **1 thing** you can taste

This pulls your focus away from *what if* and into *what is*.

Step 3: Anchor in Reassurance

Hand on heart, say:

💬 *"I don't have to start a fire just to feel warmth. I'm learning to feel safe in the quiet."*

Each time you do this, you teach your body a new truth: You're not abandoned. You're regulating.

What's the Story Behind the Self-Sabotage?

Use the journal page that follows to gently reflect, using the prompts below:

- “When someone pulls away, what do I *fear* will happen next?”
- “Where have I felt this fear before?”

You're not just reacting to them — you're remembering a moment when distance meant danger. Maybe as a kid. Maybe in a past relationship.

By writing it out, you show your body it's safe now. You remind yourself:

- This is a *feeling* — not a fact.
- This is the *present* — not the past.

This is how emotional safety begins. Not when someone finally texts back — but when you stay steady, no matter what they do.

Did You Know?

When someone pulls away, your body doesn't just "feel sad" — it sounds the internal alarm. Your chest tightens. Your breath shortens. Your shoulders tense up.

→ Even if you don't *realize* what's happening, your body remembers what it means to be left.

Somatic therapy works with that memory. It treats trauma not just as a thought — but as a full-body experience.

Here's why that matters:

When you combine body-based tools (like grounding and nervous system work) with mind-based ones (like CBT or reframing old patterns), you stop trying to *talk yourself out* of spiraling...

...and instead, start healing from where the spiral *actually* starts — inside your body.

👉 That's exactly what **The Emotional Safety Toolkit** is designed for:

To give you the simple, body-**and**-mind tools to calm the storm *without needing* to "think your way out" of it.

You Don't Have to Keep Breaking What You Want to Keep

You don't need chaos to feel love.

You don't need to start fights just to feel close.

And you don't have to hate yourself for "being needy".

Your nervous system just needs new tools — not shame.

If you're ready to stop clinging, calm your body, and finally feel safe in love... 🙌

[Explore the Emotional Safety Toolkit](#)

The Emotional Safety Toolkit is a 3-part, trauma-informed system to help you:

- Calm your abandonment triggers
- Break the cycle of panic, fights, and clinginess
- Learn somatic practices that teach your **body** to feel safe - because just *understanding* your trauma *isn't enough to heal it*

Your nervous system can learn safety.

Your love life doesn't have to be a battlefield.

This is where the pattern ends, and something secure begins.

About InnerKinder

InnerKinder helps smart, sensitive women heal the emotional wounds that keep them stuck in anxious, self-sabotaging patterns.

We blend compassion with structure — giving you practical, trauma-informed tools that create real, lasting change.

Because healing isn't about being less emotional — it's about feeling safe in your emotions.



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