

# WHY DO WE SABOTAGE OUR PARTNERS HAPPINESS?

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*How positive we are when our partner shares with us something they express with enthusiasm and feel strongly about, it turns out, not only speaks volumes about our attachment styles but also, has a significant impact on the quality and longevity of our relationships.*

Some of the actions we take may seem may insignificant, but can in fact be extremely meaningful and telling about our own personality, and can have implications on the well-being of our relationships. This is a particularly delicate subject in intimate romantic relationships, as moods between both partners tend to be contagious.

It may be because our spirits are low, or simply, that we don't have the patience nor empathy to come up with a more adequate response to the eagerness of our partner.

They may have come home with some fantastic news or simply, in a positive frame of mind, while we, on the other hand, have not had the greatest day or feel dejected and uninterested.



The partner presents us with a cheery happy mood and good news, they're full of excitement, and then some uncontrollable force takes control of our rationality and makes us shatter the mood with some morose, critical remark. The partner's happy feelings immediately come to a halt; they sense the negativity that is oozing from us and respond to it by means of conflict or, by simply shrinking away.

The way in which we respond relates back to how we formed attachments in our early lives, it is a lengthy and revealing subject in itself. We are acting in this way because our partners' buoyant and breezy mood can come as a forbidding barrier to communication.

We fear, that their current happiness could prevent them from knowing the shame or sadness, the worry or loneliness that lives within us. We are trying to shatter their spirits, because we are afraid of being lonely.

In this instance, the happiness of the other is experienced as annoyance or betrayal – they appear to lack the empathy that they had once shown to us, which transforms them into a type of human being, who we feel angry toward

due to feeling let down, or that we are not sufficient to be the centre of their focus or love.

Because we may be anxiously attached, the thought that they perhaps have discovered that we were not after all good enough for them, or that they have lost interest obsesses us.

Therefore, at the height of their joy, we are stricken with horror: and at a deeper emotional level we may perceive that now may be the chosen moment for them to abandon us and leave us alone after having seen the most vulnerable parts of ourselves, which we may not have had the strength to disclose to anyone else or have hidden from others.

Before you worry too much about your flaws in this area, it is worthwhile to introspect on your own life and learn about your own attachment styles that may have made you the way you are. If we approach our own journey of discovering what makes us this way we can learn why we are the way we are, and, that really, if you challenged them by repeatedly reminding yourself of your worth and achievements, while adopting a forgiving and caring mindset towards your shortcomings, you can really go a long way to managing and changing these negative elements.

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083 268 6566  
Tokai/Westlake, Cape Town  
janet@universe.co.za  
www.janetwinterbourne.com



Janet  
Winterbourne  
Couples, Family and  
Individual Counselling