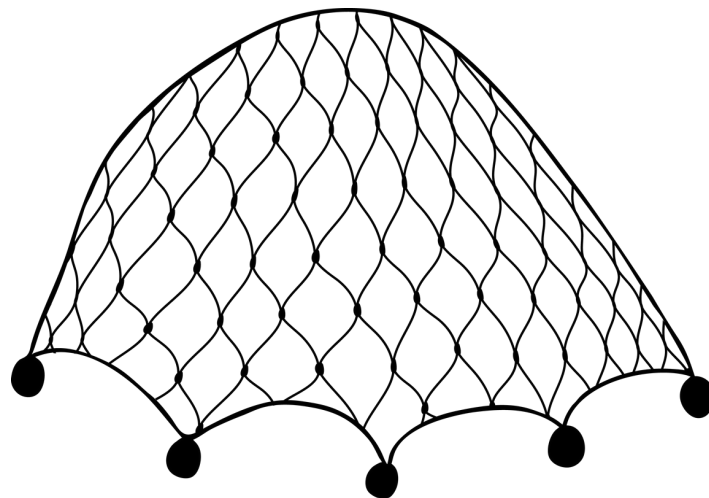


**IS YOUR
SUBCONSCIOUS
TRAPPING YOU
IN THE
SABOTAGE TRAP?**

GET THE FREE GUIDE

Table of Contents

1. You Act Cool... but You're Secretly Scared to Connect
2. You Keep Attracting the Same Wrong Type
3. You Over-Explain or Over-Apologize
4. You Create Tests Instead of Setting Boundaries
5. You Avoid Saying What You Really Need
6. You Confuse Chaos with Chemistry
7. You Think Change is for Other People



Page 1: INTRO

🎯 You want connection. Peace. Respect. Maybe even a little romance.

But what you get feels more like emotional whiplash, mixed messages, and people who just "don't get it."

💣 Spoiler alert: it might not be them.

It might be your own subconscious throwing relationship grenades behind your back. (Sneaky little thing.)

This short-but-powerful booklet shows you 7 ways your inner autopilot might be sabotaging your personal or professional relationships—and what to do instead.

💡 Let's dig in.

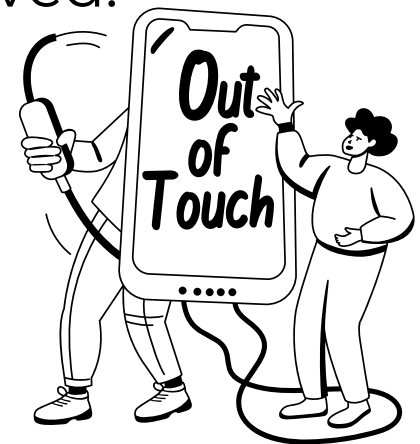


Page 2: You Act Cool... but You're Secretly Scared to Connect

🧠 Subconscious belief: "People always leave. Don't get too close."

So you act chill. Aloof. Independent. Meanwhile, your relationships stay surface-level and short-lived.

Reality Check: Your heart wants connection, but your subconscious wants protection. And guess who wins?



✅ Flip It: Tell your brain, "It's safe to connect with the right people." Then, test it. Let someone see the real you. (Start small. No karaoke necessary.)

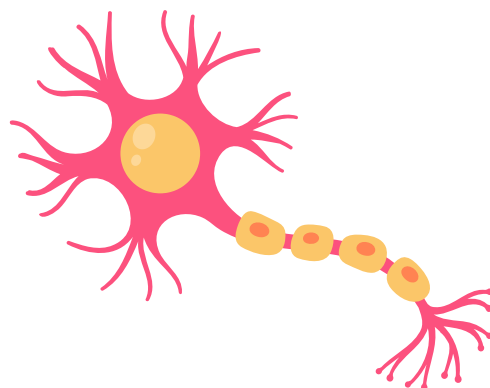
Page 3: You Keep Attracting the Same Wrong Type

🔄 Subconscious pattern: "Familiar = Safe. Even if familiar is a hot mess."

You say you want stability, but keep going for chaos. Drama is exhausting—but it's also what your subconscious knows.

True Story: I once had a client who kept dating people who made them feel "invisible." Turns out, they felt invisible as a child. It was their comfort zone.

✅ Flip It: Start saying no to the patterns you want to outgrow. Your nervous system will panic at first. That's a good sign.



Page 4: You Over-Explain or Over-Apologize

🧠♀ Subconscious script: "If they're upset, it must be my fault."

You're always walking on eggshells. You explain everything five different ways to avoid conflict.

Humorous Example: If you accidentally breathe too loud in a meeting, you're emailing an apology by noon.

✅ Flip It: What if their reaction isn't your responsibility? Say what you mean, once. Then trust that it's enough.

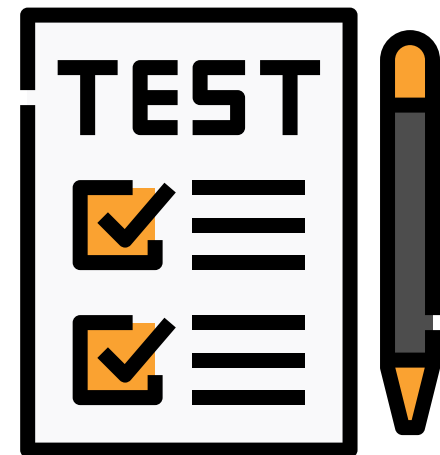


Page 5: You Create Tests Instead of Setting Boundaries

🧐 Subconscious move: "If they really loved me, they'd just know."

You want respect, but instead of speaking up, you wait.
You test. You stew.

Result? You feel disappointed and say things like, "It's not what you did, it's what you didn't do."



✅ Flip It: Boundaries are kind. Expectations without communication are landmines. Speak. Then listen.

Page 6: You Avoid Saying What You Really Need

😬 Subconscious fear: "If I say what I need, I'll be rejected."

So you smile. You agree. You carry all the weight and then explode at the worst moment.

Real Talk: Being "low maintenance" is not a personality trait. It's a defense mechanism.



✅ Flip It: Practice asking for something small today. Your voice matters. Let it be heard.

Page 7: You Confuse Chaos with Chemistry

⚡ Subconscious thrill-seeking: "That adrenaline rush? Must be love!"

Nope. It might just be unresolved trauma doing the tango.



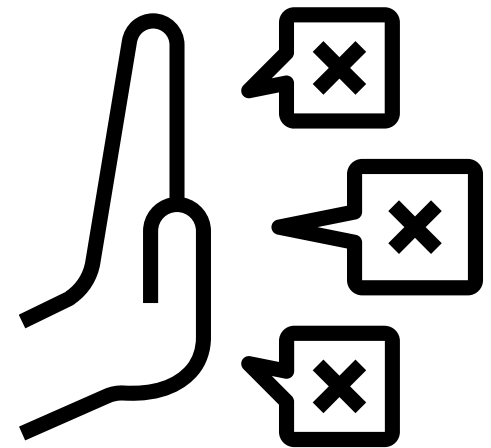
Humor Example: You think it's fate, but it's just your fight-or-flight system swiping right on drama.

✅ Flip It: Start looking for calm. Chemistry and peace can coexist. (We promise.)

Page 8: You Think Change is for Other People

🔄 Subconscious loop: "This is just who I am."

Your mind says you want better relationships, but your subconscious says: "Eh. Let's stay predictable."



Truth Bomb: You're not stuck. You're just rehearsing the same emotional script on autopilot.

✅ Flip It: Rewrite the script. And that's where Emotional Mastery comes in.

Page 9: Ready to Rewire?

🎉 Your subconscious isn't evil. It's just outdated software.

It's time for an upgrade.

With the EMOMASTERS® Emotional Mastery Course, you'll learn how to:

- Align your subconscious with your real goals
- Rewire hidden beliefs
- Replace fear with clarity and emotional freedom




💜 Master Your Emotions. Master Your Life. 💜

- 🧳 Option A: Want 1:1 coaching to accelerate your growth?
→ “Book Your FREE Discovery Session (a \$250 value)”
→ Go Here Now
- ⚡ Option B: Want to master your emotions at your own pace?
→ “Invest Now in the EMOMASTERS® Course”
→ Start Here Now



Page 10: Stay Connected

Want more stories, tools, and real-life breakthroughs?

-  Visit: theachievementgroup.org/life-transformation-coaching
-  Follow us on [YouTube](#), [Instagram](#), and [LinkedIn](#)
-  Share this guide with someone who deserves emotional freedom too

Let's stop surviving. Let's start thriving.