



Recognize

Phobia and

Healthy

SABOTAGE

Commitment

Experience a

Relationship

JOHANNA SPARROW

Sabotage

Sabotage

SABOTAGE

Recognize Commitment Phobia and Experience a
Healthy Relationship

Johanna Sparrow

SABOTAGE, Revised Copyright © 2014-2017 Johanna Sparrow

All rights reserved. This book, or parts thereof, may not be reproduced in any form without permission from the publisher: exceptions are made for brief excerpts used in published reviews.

Edited by: ASH THE EDITOR
www.ashtheeditor.biz

Cover by: Mila
www.milagraphicartist.com

www.johannasparrow.com

DEDICATION

I dedicate this book to my loyal readers. Thank
you for your support. May this book bless
everyone that reads it.

I Love You to Life!

CONTENTS

Acknowledgments

Are You The One?

Every Couple Argues

What Did I Do Wrong?

The Importance of Trust

Red Flags

The Lying Game

Attractions

No Money

Are You Complaining?

Keeping The Parents Away

Blocking Distractions

Keeping in Touch

Sabotage

FOREWORD

Many people have been devastated after a broken relationship with a commitment-phobe and become fearful of dating as a result. Are you dating someone who won't commit to you? Do you question if it's your fault that you've experienced several damaged relationships?

Failed relationships with commitment-phobes are partially your fault because something within your consciousness causes you to continually attract those type of partners. You must ask yourself why you're constantly meeting people who're afraid of commitment?

Dating and falling in love with a commitment phobic person can leave you angry and confused. Most people that're in this type of dating cycle have no clue why they continue to end up in that predicament. Commitment-phobes aren't bad people; they just have a tough time loving someone else.

Being in loving with a commitment-

phobe can make a relationship very stressful. If you don't want to be in the dark with your partner, you should open your eyes to the person you're attempting to have a future with. Many commitment-phobes do get married, but their marriages are a living hell. Getting married doesn't resolve their commitment fears. It only masks them.

The hearts of those who're in relationships with commitment-phobes are full of pain and sorrow. It's no fun living in a nightmare where you love someone more than they love you. A commitment-phobe knows exactly what to say to get what they want. They know how to say things to make

you weak in the knees. They always seem to touch your heart by saying the right words at the right moment. You may find yourself caught up in emotion from the sad stories they've told you to gain your sympathy. They can sell you anything and would make perfect salespeople. Commitment phobic people may tell you that no one understands them more than you, and you believe them. You end up loving their sense of humor and wittiness.

Many commitment-phobes are secretive regarding their personal life, they don't mind telling you their life stories because they're covered in lies to win you over.

While in a relationship with this type of person, nothing seems to be off limits. You talk about anything and have many things in common. It's true that a commitment-phobe has had many of the same dating horrors as you. That's why they fear commitment. But they may embellish on the details of their experiences to pull your heart strings.

In the beginning stages of the relationship, you're amazed by their words, behaviors, and caring spirit. You want to tell the world about this new person, but it's too soon. They may be too good to be true. If you want to know if the person you're dating is genuine, asking the people that're

closest to you may help you accomplish that. Those who are looking from the outside without emotional involvement may be able to spot the true nature of your partner.

For the most part, family and friends won't be bamboozled by a commitment-phobe's sweet words and phony behaviors. Your family may be the last people on earth you want to share your personal business with. Especially if you feel that you've met someone special. You have the ability to see the truth, but you could be blinded because you only want to see how amazing, loving, caring, respectful, and trustworthy your partner is.

Sabotage

By the time you see what everyone else saw long ago, your heart is involved. At that point, you begin to recognize things about that person you didn't previously notice. The relationship is no longer moving in a positive direction, and your lover is unsure if they want a commitment. The worse part about being in a relationship with a commitment-phobe is that you don't get the feedback you want when you address their behavior, and you're left in confusion. It's never easy to be in a relationship with a commitment phobic partner because you'll never receive the commitment you're looking for.

Sabotage

Wouldn't it be nice if people had descriptions of what they're looking for in a relationship stamped on their forehead. Dating would be so much easier!

Commitment-phobes are innate liars, and you could fall apart while searching for the truth. Once you've experienced a someone that fears commitment, you'll never be the same. You'll be able to detect deceptiveness much better going forward. You may even put up a guard so that no one can ever lie or hurt you again. But be careful not to become commitment phobic yourself. Dating is never easy because you must learn to trust someone that you don't know, and

Sabotage

that can be pretty scary if you've been hurt a few times.

I'll show you signs to look for when dating a commitment-phobe so you can stop being a victim in your relationship. I'll teach you how to detect and understand the behaviors of a commitment-phobe, which'll help you be a winner at the game of love.