

5 MISTAKES

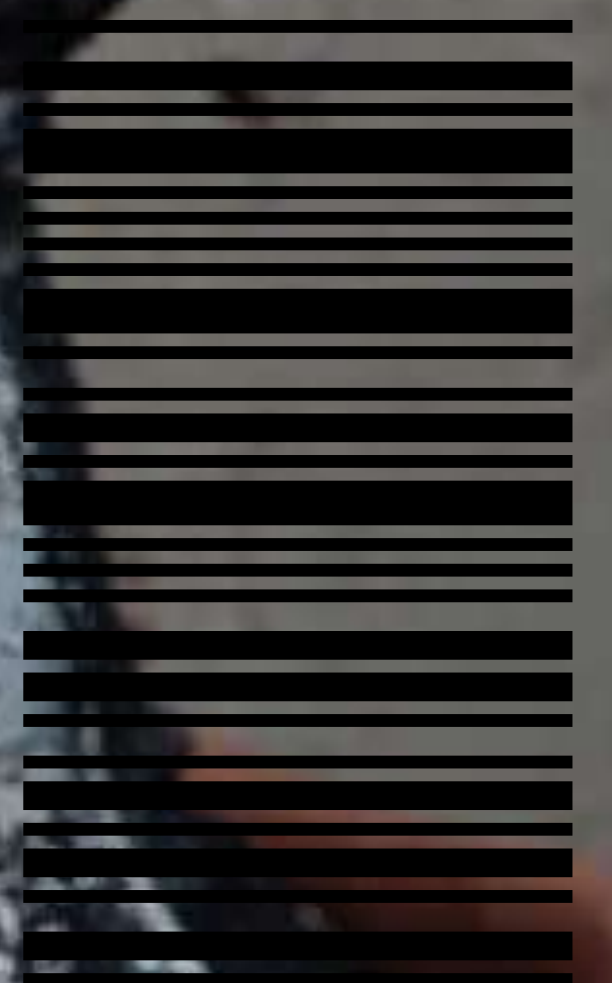
THAT DESTROY
A CONSCIOUS
RELATIONSHIP

*GUIDE
BOOK*

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Top 5 Mistakes That Destroy a Conscious Relationship

1st MISTAKE: You Neeeed Them

Nothing will destroy your relationship faster than your neediness for love and inability to be connected to your own soul power. This violates Universal Laws and repels the very love you desire... keeping you isolated and alone.

2nd MISTAKE: You Wait To Trust Them

Nothing ensures loneliness more than waiting around for someone perfect to trust, afraid if you'll never be safe enough to open your heart again. Rather than getting to know the real person, you'll spend all your energy trying to change them into who you think they should be.

3rd MISTAKE: You Hit Below The Belt

Nothing pushes love away faster than unresolved anger that resists connection, dilutes youthfulness and extinguishes sex appeal. The intimacy you seek will blossom in the frequency of safety but the energy of anger keeps working against you.

4th MISTAKE: You Avoid And Deny

Nothing is more unattractive than a know-it-all who wings it, won't do their shadow work and avoids diving deep into authentic feelings. Avoidance and denial are the echo of the ego and will continue to show up until you do the work.

5th MISTAKE: You Hide your truth

When the heartbreaks of the past define you, you're looking into the future with a dirty lens of fear. Nothing creates soul suicide faster than letting fear of rejection squelch your true feelings, making you invisible to your ideal match... forever.

1 YOU NEED THEM

Shift from needing them to choosing YOU.



WHAT IS THIS MISTAKE COSTING YOU?

LASTING _____ & SOUL _____

Journal Practice

Tell me the disadvantages to needing a partner in order to feel worthy, safe, approved of, enough or happy?

2 YOU WAIT TO TRUST THEM

Shift from trusting them to trusting YOU.



WHAT IS THIS MISTAKE COSTING YOU?

FEELING _____ & HEART _____

Journal Practice

Tell me how safe you feel in your skin, how safe you feel to trust your intuition, how safe you feel to protect yourself from getting hurt again?

3 YOU HIT BELOW THE BELT

Shift from anger against them to fierce love for yourself.



WHAT IS THIS MISTAKE COSTING YOU?

WELLBEING _____ & SEX _____

Journal Practice

Tell me where your anger has sabotaged or destroyed a relationship, how you turn it inward against yourself, how it gets triggered.

4 YOU AVOID & DENY

Shift from knowing it all to discovering the gift in challenges.



WHAT IS THIS MISTAKE COSTING YOU?

SURFACE _____ = SURFACE _____

_____ LIVING = _____ LOVE

Journal Practice

Tell me who treated you as disposable, who only dated you on the surface, who wouldn't do the deep work to meaningfully connect, where the sex was surface, who ditched you when shit got real.

5 YOU HIDE YOUR TRUTH

Shift from fear of rejection to confidently speaking your truth.



WHAT IS THIS MISTAKE COSTING YOU?

BEING A _____ OR A _____

CONFIDENTLY LIVING YOUR _____

Journal Practice

What is the cost of you not CONFIDENTLY LIVING YOUR TRUTH UNAPOLOGETICALLY? Physically, mentally, spiritually, vocationally, financially, parentally, socially, romantically and sexually.



Now that you've identified the "5 Mistakes That Destroy Conscious Relationships", you may see that unhealed heartbreak is causing you to stay stuck unable to move forward confidently or attract unhealthy partners who hurt or disappoint you.

Are you ready to heal the core wound so you can finally find 'The One'? (or awaken the one you're with?)

Then we invite you to schedule your **"Intimacy Blindspot Breakthrough Call"** with Allana Pratt Below.

1

You will move from confused, overwhelmed or paralyzed to clarity, centeredness and certainty.

3

You will discover the blocks to manifesting your beloved, or awakening deep connection in your current relationship while staying true to yourself.

2

You will be heard, acknowledged, supported and guided in the next effective action for results.

4

We will rock your world, give you 10x the value and support you breaking through your Intimacy Blindspot!

[Book Your Call Now](#)