



FAIRY TALE SYNDROME

# THE HAPPILY EVER AFTER TRAP...

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I ALWAYS WONDERED WHY SOMEBODY  
DOESN'T DO SOMETHING ABOUT THAT.

**THEN I REALISED**

*I was somebody.*

-LILY TOMLIN

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Welcome



# Overcoming

the trap of

## Happily Ever After...

My friends would describe me as a strong independent woman. I am well travelled, I run my own business, I'm highly educated and have many interests and support groups that I'm active in. And yet for most of my life I have dismissed my strengths, put the needs of others before my own and played small and helpless believing that was what was expected of me.

I grew up with all the classic fairy stories; Snow White, Cinderella, Sleeping Beauty... So my romantic encounters were built on an unconscious belief that I was some sort of Princess that needed to be saved or at least rescued from... something? A Princess waiting for a Prince Charming, who I could care for and who, in turn, would save me from being an old spinster or worse yet, a wicked and miserable old crone.

I rejected that part of me, that was confident, that had ideas and opinions, putting her in the naughty corner and locking her away in a deep part of me where I couldn't hear her voice any more. **All in service of being rescued.** After all, if I locked her away only a true Knight would find her and rescue her and we would all live happily ever after, right? At least that's what the stories had told me.

As I got older that part of me I'd hidden away, no longer knew how to BE in the world without playing small, judging herself and acting in unresourceful ways. I had the ILLUSION I had rescued myself; I'd loved, I'd been heartbroken, I'd survived and I was rebuilding me. At least on the surface. But it was a version of me I was building on a foundation of lack - a deep sense that there was something wrong with me, that I still needed to be saved and if I was 'a good girl' doing everything I was told, someone, somewhere would find me and make everything right.

That is when I discovered the Fairy Tale Syndrome and the Happily Ever After Trap. It has been a huge breakthrough for me and I've distilled it into this booklet for you. I'm going to show you what this thinking is, how it traps us and why it is so disempowering...

If any of it resonates, let's have a chat...

♥ tzara ♥

Tzara Attwater

Relationship Developmental Coach in Neuro-Semantics

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# 7 shiny knight stories that have disempowered you

## Sleeping beauty

A princess was born and an old witch placed a spell that she would prick her finger on a spindle when she was 16 and die. The good fairies made another spell so that she would only sleep for 100 years and that a prince would awaken her. When she was 16, the witch, disguised as an old lady, showed her a spinning wheel and she touched the spindle and fell asleep. The good fairies decided to make everyone sleep. After 100 years, a prince from another land found her and kissed her. Everyone awoke, they married and lived happily every after.

**Core belief: You will change at 16yrs. You will fall asleep to yourself for a long time (100 yrs). An 'awake' person will find you and rescue you from this dream, then you will be complete. There is only good and evil in the world - nothing inbetween.**

## Snow white

Snow White's evil stepmother wanted to be the fairest in the land and was jealous of Snow White's beauty. The stepmother ordered Snow White to be killed but the huntsman spared her life. Snow White came upon a cottage that belonged to seven dwarfs and they let her stay. Soon the wicked stepmother found her, disguised herself and took her a poison apple. She fell into a deep sleep and the dwarfs made a crystal coffin for her. Prince Charming came by the cottage, saw her, kissed her, and she awoke. They were married and lived happily ever after.

**Core belief: Step mothers are evil. Huntsmen are not just spiders. You will fall asleep to yourself. A charming Prince will find you and save you. Reject and hide that beautiful part of you - lock her away.**

## Princess and the pea

A prince wanted to make sure he married a real princess. He devised a test for an unexpected guest who claimed she was a princess. He placed a pea beneath 20 mattresses and 20 feather beds thinking only a princess could be sensitive enough to feel the small pea. The next morning, the princess said she did not sleep because of something hard in her bed. The two were married and lived happily ever after.

**Core belief:  
Princesses are fragile delicate creatures that need looking after.  
Your fragility will be tested by someone who doubts your worth.**



# Frog Prince

A frog asked a princess why she was crying and she replied that she had dropped her golden ball into the pond. She promised anything if he would get it for her. He did and asked to eat from her plate, live in the castle, and that she be his friend. She did and he turned into a prince as he had been under a spell from a witch. They married and lived happily ever after.

**Core belief:**

**Do as you are told by an unattractive frog and he will turn in to your hearts desire. If someone isn't what you want, its ok they will change. You will have to kiss a lot of frogs before you find your prince. Witches (women) put Princes (men) under spells.**

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# Cinderella

Her evil stepmother and stepsisters would not let her go to the ball, but her fairy godmother made it happen with magic. She danced with the prince and they fell in love. Since she had to leave by midnight, she ran and lost one slipper. The prince found the slipper and searched for her. After he found her, they were married and lived happily ever after.

**Core belief: Step mothers are evil. You must always do as your told. If you loose yourself, you will be found, rescued and saved. Reject and hide that beautiful part of you - lock her away.**

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# Beauty and the beast

An arrogant young prince and his castle's servants fall under the spell of a wicked enchantress, who turns him into the hideous Beast until he learns to love and be loved in return. The spirited, headstrong village girl Belle enters the Beast's castle after he imprisons her father Maurice. With the help of his enchanted servants, including the matronly Mrs. Potts, Belle begins to draw the cold-hearted Beast out of his isolation.

**Core belief: Independent thinking will get you in to trouble. Your prince will not be attractive at first - you must win over the beast within him and he will become what you want. Witches (women) put Princes (men) under spells.**

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# Rapunzel

An expecting mother had a craving for an herb called "rapunzel," but couldn't afford to buy any. So her husband, stole some from their next-door neighbour - who was an evil witch. The witch caught him and let him go, on the condition they give her the baby when it was born. The baby turned out to be the beautiful Rapunzel, named for the herb her mother craved. The witch locked Rapunzel in a tall tower with no stairs, and she visited the girl by climbing her long hair to the top of the tower. One day a prince was riding through the forest and heard Rapunzel's beautiful voice. He figured out how to visit her by calling, "Rapunzel, Rapunzel, let down your hair," and they fell in love.

**Core belief: Your parents might abandon you. If you lock yourself away in a tall tower with no stairs your prince will find you and rescue you. Reject and hide that beautiful part of you - lock her away.**

# Have you ever said or thought ...

"I know he's not right for me, but I'm scared/  
worried/anxious about being alone"

"He just doesn't care, **if he did, he would...**"

"He's abandoned me again"

"He made me feel..."

"I just want to know what I did wrong"

"I just **want to be appreciated**  
for the things I do for him"

"He doesn't respect me"

"I just want him to love me, like he used to..."

"I caved in **and let him** seduce me..."

"He chased me and **made** me fall in love with him"

"He doesn't think I'm attractive anymore  
and **I've lost my confidence**"

"I hate myself for still loving him"

# change the story!

You have taken on the character of a deeply embodied fairy tale, you have been suffering and struggling with it unconsciously. I've been there myself. The suffering is real. But, I've realised there are some deeper patterns playing out.

The stories told us that in order to be saved, the damsel needs to be distressed. This is the trap.



You're an adult now and your life is your responsibility. You are not a child reading a fairy tale any more. It's your responsibility to change the story.



# 7 patterns of struggle and deep belief patterns that keep you trapped

## **1 Looking for rescue - the Fairy Tale Syndrome - Happily Ever After Trap.**

Breaking any relationship drama cycle is about knowing the role you play in it. Getting overwhelmed by life's hardships can drive us to look for a rescuer, someone else to save us. In every drama cycle there is a victim, a rescuer and an aggressor and at any moment we play each of them. We forget that there's no such thing as getting "rescued" by the knight in shining armour. The freedom is becoming aware we are the ones that can save ourselves, no-one else can. It is your responsibility to stop being the child and start parenting yourself.

## **2 Never fighting - not having a voice - playing small.**

If you think that no conflict in your relationship is a good thing, think again. A difference of opinion every now and then, shows independent thinking and a healthy challenge to any habituated relationship behaviours, which is required for the relationship to grow. Avoiding the inconvenience of any romantic conflict only leads to further bitterness and resentment later on down the road. You can't fix a problem you don't know exists, so airing your frustrations can be key to a healthy relationship (when practiced appropriately).

When we bring up issues with our partners, we actually demonstrate trust in them, as well as a willingness to be vulnerable, which enhances connection. Assertiveness can be a powerful indicator of relationship satisfaction, so we need to disagree in order to connect on a deep and meaningful level.



### **3 Conditional Self Esteem - 'be a good girl, do as you're told'**

This is when we can only value ourselves based on certain conditions. If the conditions aren't met it leads to low self-esteem and insecurities. What we think about ourselves is then mirrored into the world around us. From this perspective it's impossible to see how anyone else can or will value us and so we actively seek out people that don't value us, because that's how we see ourselves. So begins a self-defeating cycle that follows us from one relationship to the next, where we are constantly looking outside ourselves for validation of our worth.

### **4 Rescuing or 'fixing' the other person - I can help them, I can change them.**

No matter what you think or believe, there is no such thing as the perfect person. We are all imperfectly perfect. If you enter into a relationship thinking or believing you need to 'fix' someone, it's not going to end well for either of you. You are setting yourself up for an impossible and exhausting task which ultimately only shines light on what you are avoiding or missing in yourself. Supporting someone to do better is not the same as obsessively trying to make unrealistic changes in them. You are effectively saying they are not good enough as they are. It's not within your power to change someone, unless they want to change, the only real power is in changing yourself.

### **5 Negative outlook about relationships - I'm helpless - save me!**

Imagine you start dating again but are feeling a bit insecure, because your last relationship ended badly. If you are focusing on that pain or hurt you will be seeing yourself in a negative light. Perhaps you are criticising yourself or listening to a load of inner self-contempt talk. When you bring that state to a first date and start telling them how vulnerable and hurt you were from your last relationship or start talking about how bad some of the partners have been in your life, you attract the same type of partner. Essentially you are saying that bad relationships are what you are used to, what you tolerate or have come to accept. It forces the genuinely good partners to run for the hills.

### **6 Keeping an emotional accounting book - Blaming - Under responsibility**

This is when you continually bring up things from the past that you are unable to let go off. Like an emotional scorecard that can never be wiped clean. There is no amount of chocolate, roses, date nights or foot massages that can ever make up for the past hurts you are holding on to. The only purpose, of this scorecard, is to keep you focussed on the pain and hurt which doesn't allow you to move on. It's pointless and self-defeating. At best it undermines trust and respect in the relationship and is likely only being brought up to deflect from the current issue. At worse it's a manipulative tool wrapped up in anger, bitterness and pent-up guilt.

### **7 Believing you can't live without a partner - Co-dependant - Incapable**

Have you ever been single for any length of time in your Adult life?

Being single for a period of your life, is how you come to know who you are, what's important to you, what your likes and dislikes are and what you value most. Believing that you can't live without your partner is a dangerous precedent to set and one that undermines and devalues your self-worth. Putting that kind of pressure on your partner might send them running for the hills, or the other extreme; they too become 'trapped' by the co-dependent thoughts that you're harbouring deep inside. Worst of all? It's just not true. You can live without them, and you might just have to if you can't break the pattern.





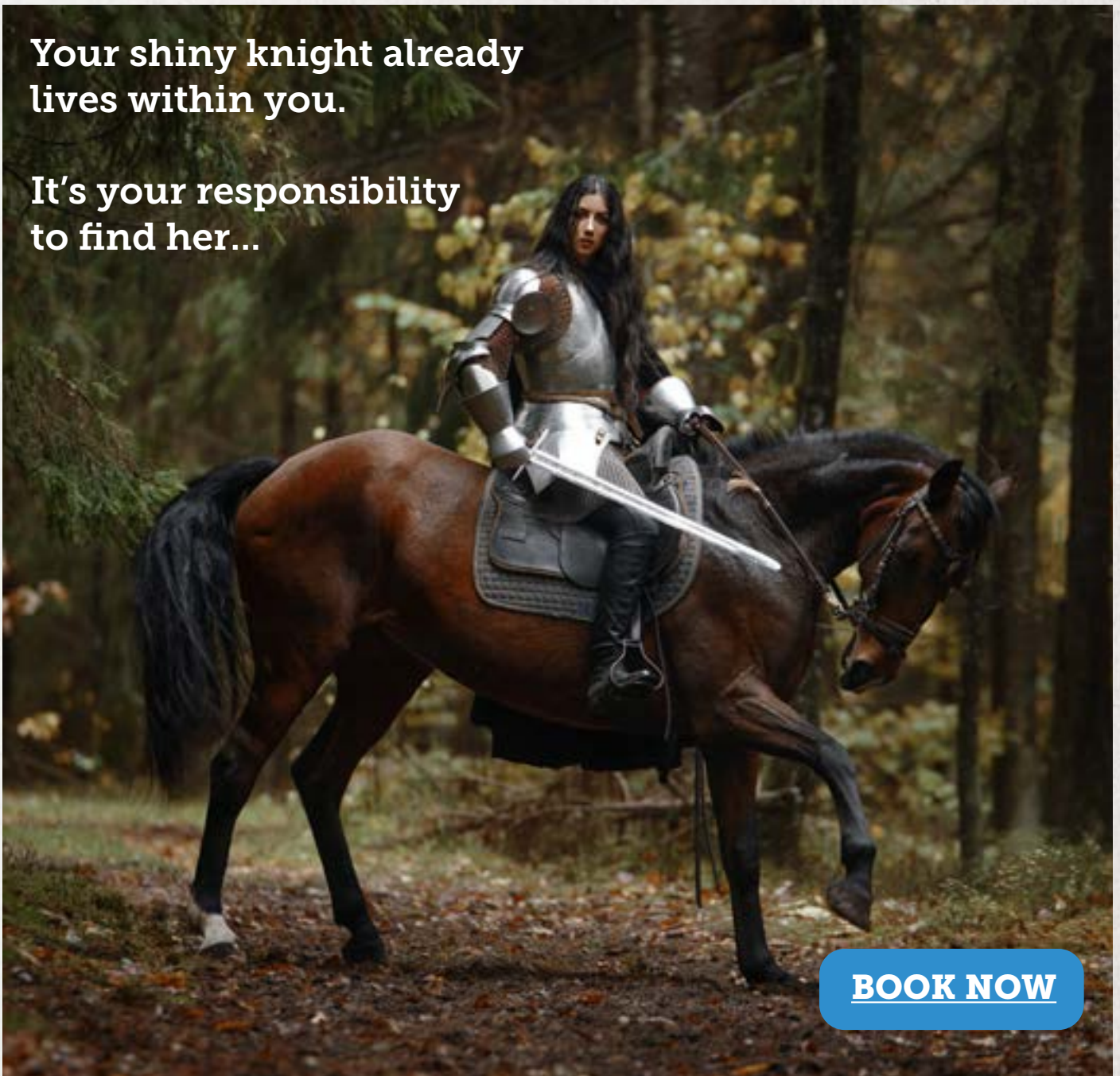
If you're ready to stop living in distress, blaming, others and waiting to be rescued,

Book your  
**"Queen of Your Life"**  
awakening call to help you to create  
your own happily ever after.

Its time for you to take your power back and create  
life on your own terms. **It starts here.**

Your shiny knight already  
lives within you.

It's your responsibility  
to find her...



**BOOK NOW**



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