

## MEDIA PRESS KIT

**Dr. Anne Dranitsaris, Ph.D.**

Author | Psychotherapist | Relationship Expert

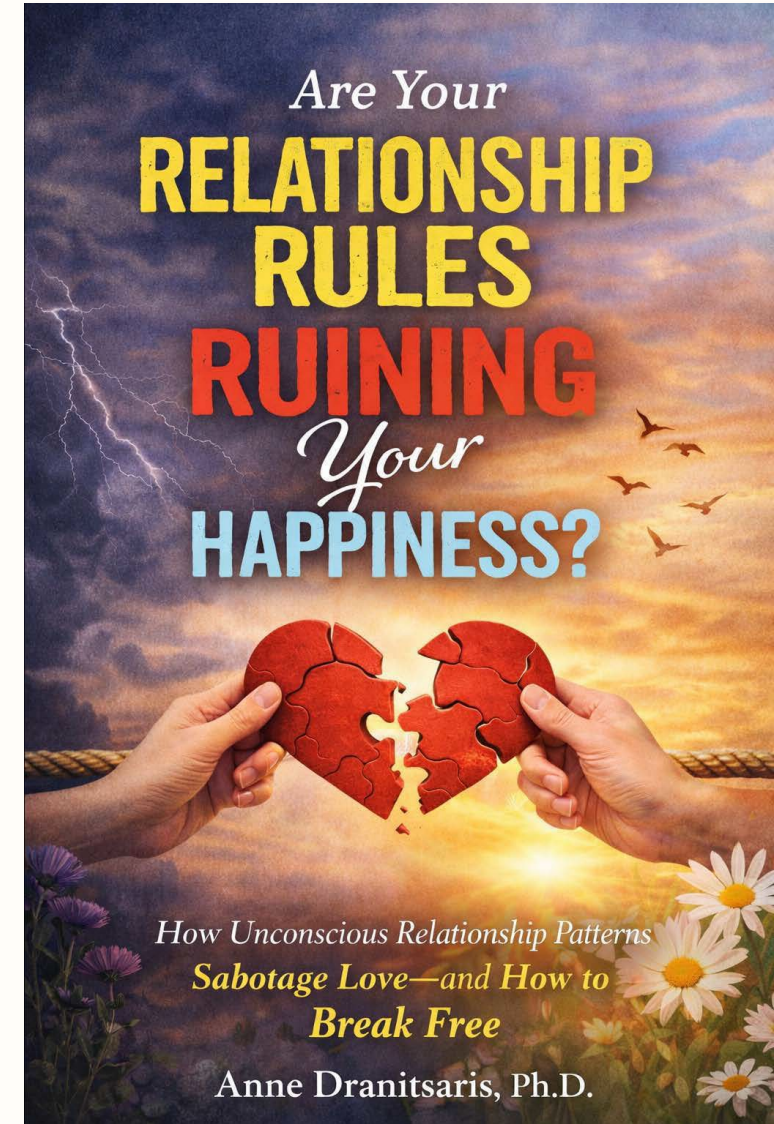
### **Are Your Relationship Rules Ruining Your Happiness?**

*How Unconscious Relationship Patterns  
Sabotage Love---and How to Break Free*

Available April 30, 2026

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A fresh lens on the hidden relationship rules, self-protective patterns, and silent expectations that create unhappiness.



## What This Book Is About

*In Are Your Relationship Rules Ruining Your Happiness?* Dr. Anne Dranitsaris shows how unconscious emotional conditioning shapes the way people love, argue, withdraw, pursue, and choose partners.

### Hidden “shoulds”

Identify the silent rules shaping expectations and reactions.

### Repeating patterns

Understand why painful dynamics repeat, even with different partners.

### Self-protection

Recognize how protective habits interfere with intimacy.

### Healthier relating

Build relationship skills grounded in awareness, emotional maturity, and authenticity.



At the core of this book is a simple but powerful idea: many people relate from a self-protective, adaptive Persona formed early in life rather than from their Authentic Self.

## PAIN POINTS

# Why Relationships Break Down

Relationship unhappiness, breakups, and divorce are rarely caused by one issue. Most couples struggle with a cluster of recurring pain points that slowly erode trust, safety, and connection.



Self-protective ways of relating rather than authentic connection

Unconscious relationship “shoulds” and silent rules

Expecting a partner to automatically know what is needed

Old attachment wounds shaping present-day reactions

Fear of rejection, abandonment, or loss of control

Difficulty tolerating difference, conflict, or unmet needs

What looks like “the problem” on the surface is often only part of the story.

# The Hidden Pattern Beneath Conflict



Many people believe relationship struggles are caused by the wrong partner, poor communication, or bad luck in love. This book offers a deeper explanation.

## **Self-protective Persona**

People often form relationships from a self-protective Persona rather than from their Authentic Self.

## **Emotional survival strategies**

They carry coping patterns formed early in life into adult intimacy.

## **Silent relationship rules**

They expect a partner to know and follow “shoulds” that were never spoken.

“Many relationship conflicts are driven by expectations that were never spoken.”

# Who This Book Is For

Readers who will see themselves in this work

**People stuck in recurring relationship patterns**

**People who over-function, over-give, or self-protect in love**

**High achievers who feel secure professionally but reactive in relationships**

**Couples who want insight into deeper emotional wiring**

**Therapists, coaches, and helping professionals**

**Strong fit for media conversations**

**Relationship and dating podcasts**

Fresh insight into hidden patterns that sabotage love.

**Psychology and mental health media**

Attachment, self-protection, and emotional development in clear language.

**Personal development and women's media**

A practical framework for understanding why people destroy love instead of building happiness.

**”This book helps audiences understand why smart, self-aware people still repeat painful relationship patterns.”**

AUTHOR BIO

## About Dr. Anne Dranitsaris



**40+ years  
of experience**

**Psychotherapist  
and relationship expert**

**Author of multiple  
books and programs**

Dr. Anne Dranitsaris, Ph.D., is a psychotherapist, author, and relationship expert with more than 40 years of experience helping individuals, couples, and leaders understand the deeper emotional patterns that shape behaviour.

Her work integrates attachment, emotional development, self-protective patterns, and practical behaviour change. She is known for translating complex psychological dynamics into clear, usable insight that helps people recognize what keeps them stuck and how to change.

Anne is the author of multiple books on personal growth, relationships, emotional development, and leadership, grounded in decades of clinical practice and developmental understanding.

# Interview Topics

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## **01 The unconscious “shoulds” that sabotage relationships**

How silent expectations create conflict, hurt, and misunderstanding.

## **03 Why smart, self-aware people still repeat painful patterns**

Why insight alone is not enough when deeper emotional wiring is driving behaviour.

## **05 Codependency, boundaries, and hidden control**

How overgiving, rescuing, and unspoken expectations damage closeness.

## **02 Why people form relationships from a self-protective Persona**

How adaptive patterns formed early in life interfere with intimacy.

## **04 The difference between self-protection and authentic connection**

Why people confuse coping strategies with relationship truth.

## **06 How to build healthier relationships from the inside out**

What it takes to shift from reactive patterns to conscious relating.



# Sample Questions + Signature Talking Points

## Sample Questions

- What is a relationship “should”?
- How do self-protective patterns formed in childhood show up in adult relationships?
- Why do people repeat painful dynamics with different partners?
- What is the difference between an adaptive persona and the Authentic Self?
- Why do people expect partners to know what they need without saying it?
- How can someone begin changing these patterns in practical ways?

## Signature Talking Points

- Many relationship conflicts are driven by expectations that were never spoken.
- People often relate from a self-protective persona rather than from their Authentic Self.
- What once helped us adapt emotionally can later interfere with intimacy.
- We do not just choose partners. We also bring a hidden set of rules into the relationship.
- Healing in relationships requires more than insight. It requires new skills and a new way of relating.

A practical and highly relatable framework for understanding why couples destroy love instead of building happiness.

## Also by Dr. Anne Dranitsaris

A broader body of work on personal growth, relationships, emotional development, leadership, and psychological insight.



## BOOKING AND CONTACT

# Bring Dr. Anne Dranitsaris to your audience

For interviews, podcast guest appearances, media features,  
and expert commentary:

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**Book launch April 30, 2026**

## *Are Your Relationship Rules Ruining Your Happiness?*

Developing relationship skills that help people create the relationships they  
desire.

