

Love Addiction Characteristics

- ◆ Perceive attraction, attachment and sex as basic human needs on par with food and water
- ◆ Escalating tolerance for high risk behavior
- ◆ Intense need to control self, others and circumstances
- ◆ Presence of other addictive or compulsive problems
- ◆ Insatiable appetite in area of difficulty
- ◆ Using others to alter mood or relieve pain
- ◆ Continual questioning of values and lifestyle
- ◆ Driven, desperate, frantic personality
- ◆ Existence of secret double life
- ◆ Refusal to acknowledge existence of problem
- ◆ Defining out of control behavior as normal

The 3 Components of Love Addiction

- ROMANCE
- RELATIONSHIP
- SEXUAL ADDICTION

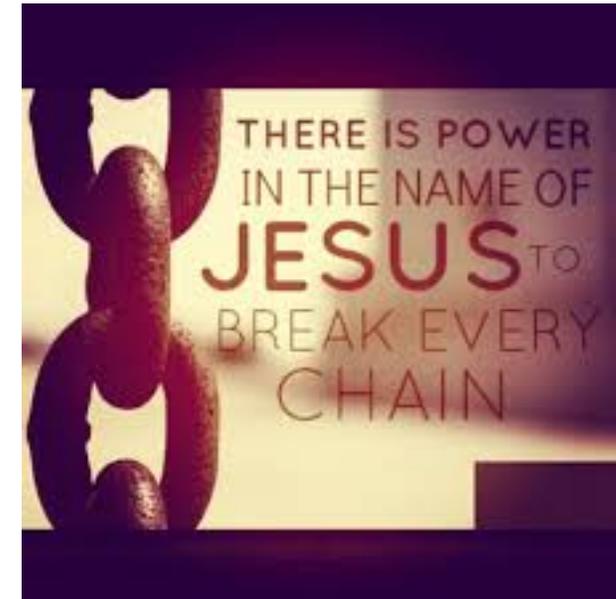
We acknowledge all three as valid addictions. This group will be dealing with Romance and Relationship addiction only.

Sex can and usually does play a significant role in both of these other addictions.

However, incorporating Sexual addiction into this group would make it very broad and we have chosen to create a separate group for Sexual addictions.

Faith based Recovery
Oak Hill Bible Church
40 Sacarrappa Rd. Oxford, Ma. 01540
www.celebraterecovery.com
Weekly Meetings: Tuesday at 7pm For more information: 774-272-1358 or email gchalifoux1@gmail.com
Exit 4A off 395 in oxford, Ma. go towards Market Basket/Home Depot lights, take left onto Lovett Rd, follow and bare right onto Sacarrappa Rd. church is on left.

LOVE & RELATIONSHIP ADDICTION



Fait
Based
Recovery

A Christ Centered
12 Step Recovery Program

Relationships–The Addiction Cycle

- 1. Obsession**
 - Self focus
 - Hurts from the past
 - Feelings of abandonment
 - Negative emotional state
- 2. The Hunt**
 - Looking for love in all the wrong places
 - An available victim
 - Well rehearsed ritual of enticement
- 3. Recruitment**
 - Tricks of the trade
 - Submissive nature
 - Mating calls
- 4. Gratification**
 - New energy
 - Solving another person's problems
 - New attachment
 - Instant feeling of relief
- 5. Return to Normal**
 - A new companion
 - Feeling of completeness
- 6. Justification**
 - I needed it
 - I deserved it
 - I had no choice
- 7. Blame**
 - Usually focused on parents first
 - Spreads to others
- 8. Shame**
 - Self pity
 - Recognizes attachment to the “wrong person”
- 9. Despair**
 - Feeling trapped
 - Over responsibility
- 10. Promises**
 - “Never again!”
 - Focus returns to hurt and pain
 - Obsession restarts addictive cycle

Love Addiction Characteristics

- ♦Lack of nurturing and attention when young
- ♦Feeling isolated, detached from parents and family
- ♦Outer facade of having it all together to hide internal disintegration
- ♦Mistake intensity for intimacy
- ♦Seek to avoid rejection and abandonment at all cost
- ♦Afraid to trust anyone in a relationship
- ♦Inner rage over lack of nurturing, early abandonment
- ♦Depressed
- ♦Highly manipulative and controlling of others
- ♦Sense of worthlessness
- ♦Defining wants as needs