

## **Love and Relationship Addiction**

Love addiction consists of three components: Romance, Relationship, and Sexual Addiction. We acknowledge all three as valid addictions. The following are characteristics of the Romance and Relationship addiction. The Sexual Addiction is dealt with elsewhere.

### **Addicted to Love Characteristics**

- ◆ Lack of nurturing and attention when young
- ◆ Feeling isolated, detached from parents and family
- ◆ Outer façade of "having it all together" to hide inner disintegration
- ◆ Mistake intensity for intimacy
- ◆ Hidden pain
- ◆ Seek to avoid rejection and abandonment at all costs
- ◆ Afraid to trust anyone in a relationship
- ◆ Inner rage over lack of nurturing, early abandonment
- ◆ Depressed
- ◆ Highly manipulative and controlling of others
- ◆ Perceive attraction, attachment, and sex as basic human needs, on a par with food and water
- ◆ Sense of worthlessness
- ◆ Escalating tolerance for high-risk behavior
- ◆ Intense need to control self, others, 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
- ◆ Defining "wants" as "needs"