

## **ROMANCE**

### **The Addiction Cycle**

|                         |  |
|-------------------------|--|
| <b>Obsession</b>        | Physical or emotional "trigger"<br>Consumed by thoughts<br>Plots, plans, schemes<br>Loss of concentration<br>Judgment impaired |
| <b>The Hunt</b>         | Driven to find relief<br>Seeks out someone or something<br>Point of no return  |
| <b>Recruitment</b>      | Movement to resolve pain<br>Enlistment, enticement, seduction<br>Risk  |
| <b>Gratification</b>    | Object of hunt is attained<br>Other person steps into desired role<br>Thrill of conquest<br>Victimization of other party       |
| <b>Return to Normal</b> | Feel calm, peaceful<br>"Switch" turned off<br>Mood altered   |
| <b>Justification</b>    | Pain resurfaces<br>Rationalizations<br>Depersonalization of victim   |
| <b>Blame</b>            | Focus on own neglect or abuse<br>Refuse to accept responsibility<br>Lay problem at another's feet                              |
| <b>Shame</b>            | Blaming seems inadequate<br>Horror at own actions<br>What sort of person must I be?<br>Stuff feelings                          |
| <b>Despair</b>          | Elation-depression cycle<br>Utter despair<br>Resolve to fix what is broken   |
| <b>Promises</b>         | "Never again" list of promises<br>Fear of breaking promises<br>Return to start of cycle  |

## **RELATIONSHIP The Addiction Cycle**

|                         |  |
|-------------------------|--|
| <b>Obsession</b>        | Self-focus<br>Hurts from the past<br>Feelings of abandonment<br>Negative emotional state               |
| <b>The Hunt</b>         | Looking for love in all the wrong places<br>An available victim<br>Well-rehearsed ritual of enticement |
| <b>Recruitment</b>      | Tricks of the trade<br>Submissive nature<br>Mating calls   |
| <b>Gratification</b>    | New energy<br>Solving another person's problems<br>New attachment<br>Instant feeling of relief         |
| <b>Return to Normal</b> | A new companion<br>Feeling of completeness   |
| <b>Justification</b>    | I needed it<br>I deserve it<br>I had no choice   |
| <b>Blame</b>            | Usually focused on parents first<br>Spreads to others  |
| <b>Shame</b>            | Self-pity<br>Recognizes attachment to the "wrong person"<br>Self-betrayal                              |
| <b>Despair</b>          | Feeling trapped<br>Over-responsibility   |
| <b>Promises</b>         | "Never again!"<br>Focus returns to hurt and pain<br>Obsession re-starts addictive cycle                |