

## **ROMANCE**

### **The Addiction Cycle**

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

## **RELATIONSHIP**

### **The Addiction Cycle**

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