

LOVE AND RELATIONSHIP ADDICTION – WOMEN’S GROUP

COMMON CHARACTERISTICS

This group deals with Romance and Relationship Addiction only. It provides a safe place to deal with the depression, isolation, lack of trust, and the unhealthy use of love and relationships as means of achieving worth.

Addicted to "Love": Characteristics (p.187)

- 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
- Hidden Pain
- 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
- 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 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"

We strongly suggest each woman obtains a Life Recovery Bible and the Participant Workbooks, which are the tools we use here at Celebrate Recovery.