

LOVE ADDICTION

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Sex and Romance Addiction

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Love Addiction and Sex and Romance Addiction have close similarities with a few distinctions, first, Love Addiction;

Love addiction, sometimes called Romance addiction has specific characteristics;

1. Love Addicts give a disproportionate amount of time, attention, and a “value above themselves” to the person to whom they are addicted, and this focus often has an obsessive quality about it.
2. Love Addicts have unrealistic expectations for unconditional positive regard from the other person in the relationship. They find people that take more, give less.
3. Love Addicts neglect to care for or value themselves while they’re in the relationship.

The Emotional Cycle of the Love Addiction;

The Love Addict:

1. Is attracted to the power and adulation of the Avoidance Addict.
2. Feels high as the fantasy is triggered.
3. Feels relief from pain of loneliness, emptiness, and not mattering to partner.
4. Shows more neediness and denies reality of being abandoned.
5. Develops awareness of the partner’s abandoning behavior as denial crumbles.
6. Enters withdrawal.
7. Obsesses about how to get Avoidance Addict to return or how to get even.
8. Compulsively acts out obsessive plans.
9. Repeats the cycles with the Avoidance Addict, if he or she returns, or with a new partner.

The Avoidance Addict:

1. Is attracted to the neediness and vulnerability of the Love Addict.
2. Connects to the Love Addict with seduction.
3. Feels high from the adulation of the Addict.
4. Feels engulfed and controlled by neediness of the Love Addict.
5. Abandons the relationship for an addiction to medicate fear of engulfment.
6. Repeats the cycle by returning to the relationship out of fear of abandonment or guilt, or by finding a new relationship.