

The Problem

This group 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, that are characteristic of romance and Relationship Addictions.

Addicted to "LOVE" characteristics are:

- 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
- Depressed
- Highly manipulative and controlling of others
- Inner rage over lack of nurturing, early abandonment
- Perceive attraction, attachment, and sex as basic human needs, as with food and water
- Sense of worthlessness
- Escalating tolerance for high-risk behavior
- Intense need to control self, others, and circumstances
- Persence of other addictive or compulsive problems
- 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"

The Solution

The goal of recovery is to achieve and maintain sobriety, In most addictions, sobriety can be defined simply by ceasing the unhealthy behaviors. Stopping and staying stopped are the goals. For most types of problems, the slogan "just say no" is appropriate.