



Love Addiction

Love addiction is a compulsive, chronic craving and/or pursuit of romantic love in an effort to get our sense of security and worth from another person.

Are you a love addict?

- Did you once think that if only someone loved you in that "special way" you would be happy for the rest of your life?
- Were you/Are you pre-occupied with the notions of love as expressed in music, movies and fiction?
- Have you ever tried to talk yourself into loving someone you were not particularly fond of because you needed the love NOW?
- Have you felt the need to prop up or do a total makeover on your partner early on in your relationship rather than admit that he/she was not right for you and end it?
- Have you stayed in a bad relationship or repeatedly returned to an ex-partner because you could not stand to be alone?
- When you are in a committed relationship, do you wonder if you chose the RIGHT one or fantasize about a lover from your past, thinking you should have kept him or her and then you would be happier?
- Have you used the words "soul mate" in reference to how love should be?
- Since age 18 what is the longest period of time you were totally unattached and not fretting about some love interest?
- Are you able to take the time necessary to heal and do a thorough post mortem on a failed relationship before running out to find a new "friend" which quickly becomes a rebound lover?
- Do you expect your lover to make you feel loved and lovable?

Monthly information from your local domestic/sexual violence center--Green Hills Women's Shelter

Cameron: (816) 632-4900, Trenton: (660) 359-3297, OR 24hr Hotline: (800) 942-0649

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GHWS Provides Residential & Non-Residential Services to Survivors of Domestic & Sexual Violence: Men, Women, & their children.

