

CLUES to Love/RELATIONSHIP ADDICTION

Waiting, longing, hoping for another person to change, show up, call, invite me, answer my letter, etc.

Thinking “maybe someday...” things will be different.

Doing anything to please the other person and/or to keep the relationship, such as losing weight, dressing seductively, fixing fancier meals, spending extra money...

Doing anything to look for a relationship, such as going to parties, checking out people as potential partners based upon my list of criteria, acting seductively to attract someone, etc.

Doing anything with another person that takes me out of integrity with myself, such as having sex when I don't want to, giving up friends and/or activities “for the relationship,” giving in to the other to end an argument even when it doesn't feel right. “Selling my soul.”

Wanting to be special; believing that our relationship is different, unique.

Saying “I don't care” or “I don't have an opinion about that” or “It doesn't matter”, these are times I quit thinking for myself.

Being with someone when I don't want to be — or being with a person longer than I want to be or when it is no longer fun. Not admitting the relationship is over when it is; not saying “good-bye.”

Going back to an abusive relationship – over and over.

Letting another take responsibility for me, especially about food and traveling. Not simply accepting another's nurturing but abdicating my responsibility for myself.

Withdrawing. Not saying what I need to say to some one or saying only 90% of what I need to say.

Feeling detached, unhappy and physical discomfort when out of relationship.