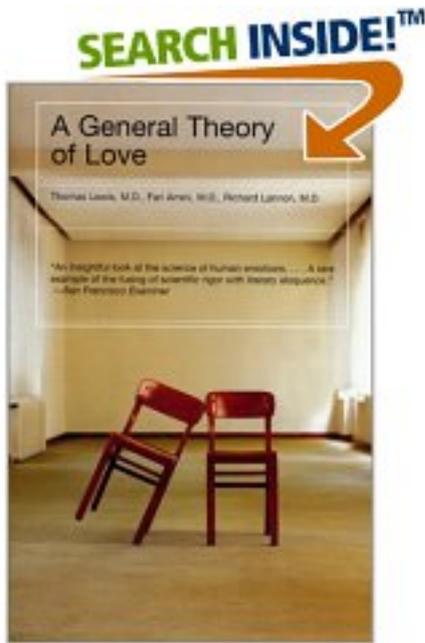


Psychology of Love Addiction:



This state of being is commonly exposed when partners in a relationship separate.

Bring forth the all consuming, all-pervasive need for the other person where one partner or both feel incomplete without the other. The remaining member of the former relationship becomes mortified and desperately ridden by anguish.

It's a common scenario in today's world. It's also an example of a codependent relationship.

Where you compromise your own values to avoid another person's rejection or anger.

Following are just a few red flags of codependence:

ADDICTIVE RELATIONSHIP

- Difficulty defining ego boundaries. This means the partners do not realize where one begins and one ends.
- Partners that exhibit sadomasochism. Meaning partners tend to either specialize or take turns playing abuser and victim.
- Each person being afraid to let themselves go and take risks either as individuals or as a part of the couple. They often tend to do the same things and do not try things that are different.

- Resisting and being fearful when a partner tries to grow personally. The other partner often views this as a threat.
- Not experiencing true intimacy in any sense - intellectually, spiritually, physically, or emotionally. Intensity takes the place of intimacy.
- Partners playing psychological games, as in one being the giver and one playing the victim.
- Addictive partners barter and keep score, rather than giving freely without expecting something in return.
- Partners attempting to change the other instead of dealing with their own problems or feelings.
- Partners requiring the other to feel complete.
- Seeking solutions for problems from their partners, instead of themselves.
- Demanding and expecting unconditional love. This type of love can only exist between a parent and a child. We don't always like or approve of what our partners do. There are behaviors a partner cannot allow in the relationship and might well result in its termination.

- Finding it hard to really commit to each other.
- Partners look to each other for affirmation and worth, rather than to themselves.
- Fearing abandonment when separated.
- A tendency to recreate old negative patterns with their present partners that occurred in childhood.
- Desiring, yet fearing closeness.
- Attempting to take care of others' feelings.
- Playing power and psychology games.

The psychology of addictive infatuation is characterized by caring so much for a relationship with another person that self-love and self-respect begin to suffer.

These examples and indicators of dependency most certainly rise when couples become self-defensive after being ridiculed, abused or neglected by their partner and then very quickly both parties go into a total pattern of self-defence and all inter-communication becomes lost. Spiraling feelings of rejection, of being unheard, neglected, abandoned and unloved.

Resolving the underlying trauma is essential to rebuild and recover these damaged relationships.

Call us at Bondi Junction Counselling Service and arrange your couples appointment to deal with these unresolved issues and free yourself and your relationship from those continuing arguments.

Phone 93877752 SEVEN DAYS 9 TILL 9 PM. Or Email us at bjcounselling@massagefloat.com.au
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