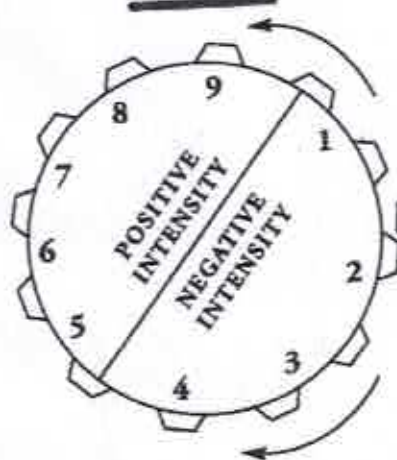


Facing Love Addiction

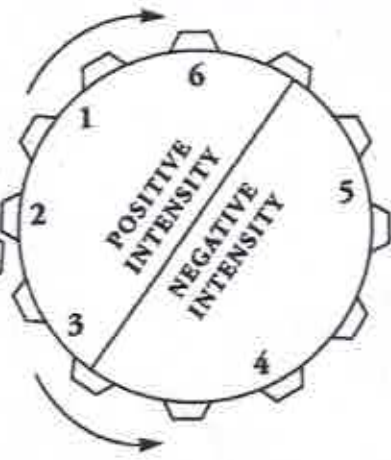
Pia Melody 1992

WHEN LOVE ADDICTS MEET . . . 69

The Emotional Cycle of the Love Addict



The Emotional Cycle of the Love Avoidant



THE LOVE ADDICT

1. is *attracted* to the seductiveness and apparant "power" of the Love Avoidant.
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 the Avoidant's walls.
5. develops awareness of partner's walls and behavior outside the relationship and *denial crumbles*.
6. enters *withdrawal*.
7. *obsesses* about how to get the Love Avoidant to return or how to get even.
8. *compulsively acts out* obsessive plans.
9. *repeats the cycle* with the Love Avoidant, if he or she returns, or with a new partner.

THE LOVE AVOIDANT

1. is unable to say no to the relationship.
2. connects to the Love Addict with *seduction*.
3. feels *engulfed* anyway, moves to a wall of anger or resentment and gets critical of partner.
4. uses resentment or sense of being a victim to move to a wall of distance.
5. seeks intensity outside the relationship in order to feel "alive" and have a life of his or her own.
6. *repeats the cycle* by returning to the relationship out of fear of being left or guilt, or by finding a new relationship.

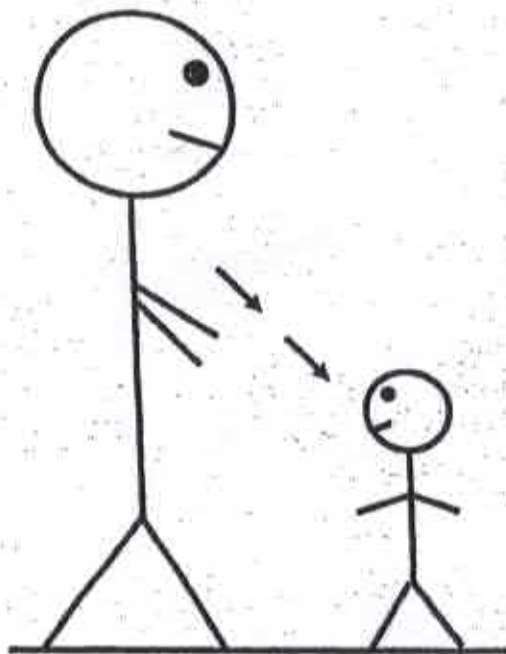
Figure 4. How Each Emotional Cycle Drives the Other

Pia Mellody Facing Love Addiction 1992

RELATIONAL CONNECTIONS IN CHILDHOOD

Healthy Attachment

The Major Care Giver
Takes care of the Child

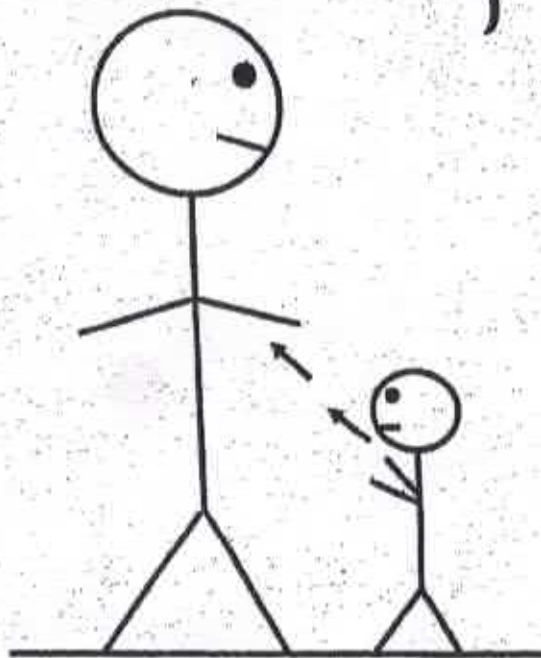


Functional Bonding
(Involves affirming, nurturing and limit setting)

-Healthy-

Intimacy = Control/
Duty/
Obligation

The Major Care Giver
Uses the Child
To take care of herself

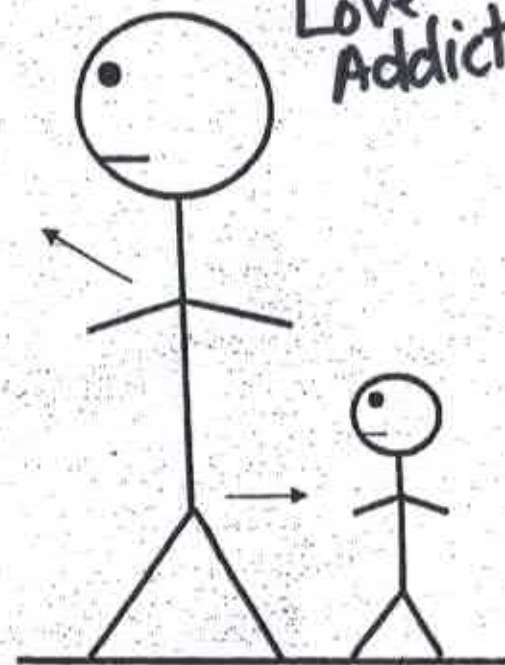


Enmeshment
(Abusive, as it uses the child)

Love Avoidant

Fear of Abandonment/
Rejection

The Major Care Giver
Abandons the Child



Abandonment/Neglect
(Abusive, as it fails to provide the help a child needs)

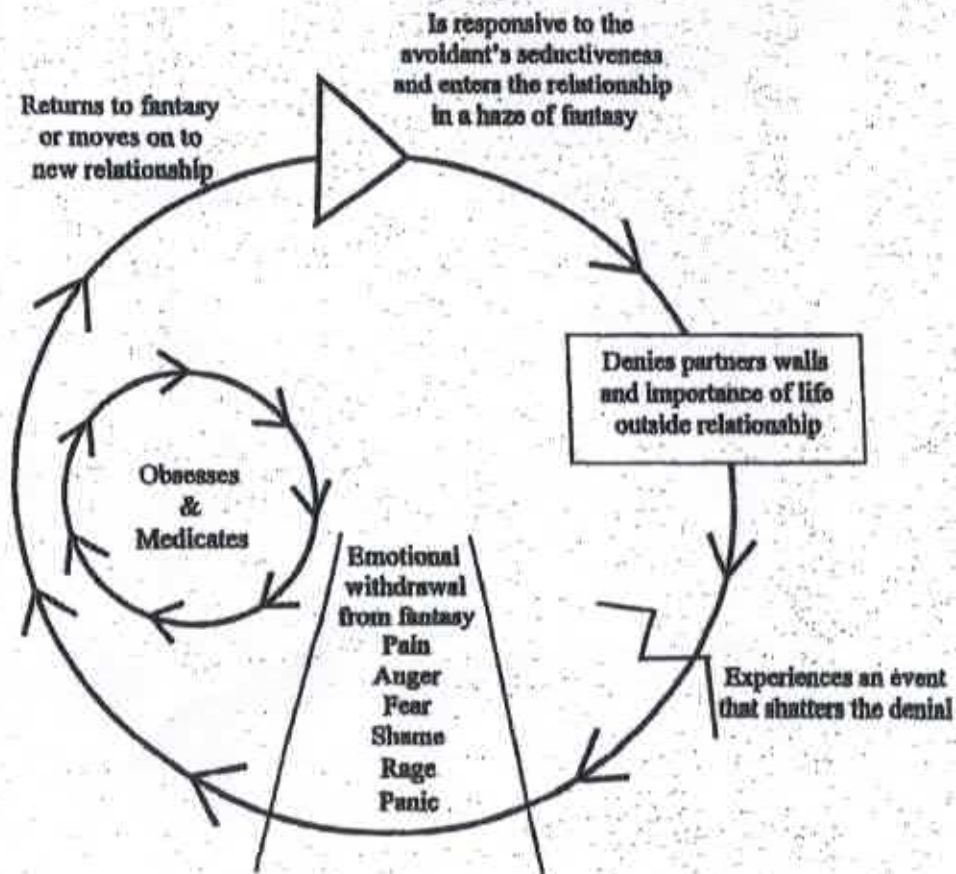
"if they really know who I am they'll like me"

LOVE ADDICTION CYCLE

Greatest fear is that of abandonment with an underlying fear of intimacy

Trauma Issues

I am worthless in relationship to my partner.
I need to be taken care of as I can't survive alone.
If I don't get close enough relationally, I'll die.



LOVE AVOIDANT CYCLE

Greatest fear is that of intimacy with an underlying fear of abandonment

Trauma Issues

My sense of value comes from taking care of needy people.
My job relationally is to take care of needy people.
If I don't, I feel guilty.
To be relational (intimate) is to suffocate (die).

