

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

Accountability Team Phone Numbers

Sponsor: _____

Accountability Partners: _____

R e c o v e r y I s s u e s

LOVE AND RELATIONSHIP ADDICTION

We meet every Friday night...
6:00 – 7:00p.m. Dinner
7:00 – 8:00p.m. Main Meeting
8:00 – 9:00 p.m. Small Groups
9:00 – 10:00 p.m. Connection Café

Real Life, Moscow Campus
Eastside Marketplace Mall

For Celebrate Recovery – Moscow Info
www.CRMoscow.com

For World Wide Information on CR
www.celebraterecovery.com

The Problem

We find ourselves deeply in love with someone we shouldn't have a relationship with, such as someone married, and can't break the emotional strings. We are heartbroken and can't move on with our lives. The problem comes when a romantic relationship isn't about love. It's about fear of being alone or achieving validation because of a relationship, and it tolerates damaging behaviors without resolution. As a person addicted, we may know the relationship is wrong, but we can't walk away. The painful cycle includes attraction, bonding, rejection, panic, reconciliation, and the cycle starting over.

Patterns of addiction to "Love" are:

- Love at first sight
- Going quickly into the relationship without time to establish common values, goals, or to build trust.
- Neglecting ourselves or loved ones in order to be with this person.
- Feeling isolated and detached from family and friends
- Feeling overwhelmed by daily living and see their only way to survive is to attach themselves to someone else.
- Mistake intensity for intimacy
- Romanticizing about the object of love
- Attracted to needy people
- Seek to avoid rejection and abandonment at all cost
- Afraid to trust anyone in a relationship
- Using others alters mood or relieves pain
- Highly manipulative and controlling of others, self & circumstances
- Desperation to have peace in a relationship is defined by a cycle of begging and pleading to win the favor of a partner regardless of previous mistreatment
- Escalating tolerance for high-risk behavior
- Partner comes back with demands the addict changes, but is not looking for a healthy relationship.
- Cycle continues of the partner leaving and the addict panicking.

The Cause of Addictive Relationships

The beginning of an addictive relationship often starts in childhood where relationships with parents were absent, abusive, or neglectful. We seek to heal what has been broken. As children our emotional needs were not met when we faced rejection and/or abandonment. We came to believe we were not worthy of love. The cycle continues as we seek for validation from a person like the parent we were missing the affection from.

The Process of Recovery

Recovery from love and relationship addiction is possible. The first step is to admit our need for a healthy change. Here are some possible steps:

- Recovery begins with admitting the relationship is addictive.
- It's necessary to recognize and desire change in ourselves.
- Realize that obsession is not the same thing as love. Using relationship to prove you have worthiness are warning signs.
- Understand your emotional triggers. Being alone can trigger feelings of unworthiness. Believing that you are only worthy in a relationship can also be a trigger.
- Connect your emotions to your childhood and recognize that your feelings and emotions are valid. Also realize that they are not an excuse to stay in a destructive cycle.
- If you feel immediate bonding and a sense of complete dependence in a romantic relationship, pull back as this is a sign your relationship addiction has been triggered.
- Get a support team to help you seek out healthy relationships. Possibly consider counseling to help heal childhood issues.

Begin the process of recovery and working through the 12 steps to heal and start living the life God has planned for us. Recovery isn't about ending a particular romantic relationship. It is about healing and growth in several areas of our life *within* relationship. The foundation is spiritual healing. Psalm 147:3 says, "He heals the brokenhearted and binds up their wounds." It's also about finding healing physically, socially, mentally, and emotionally. Romantic relationships have played a domineering and oppressive role in our life. The goal of recovery is about finding their healthy place in our lives and to build healthy relationships with God, self, and others.