

Right Living Lesson #4



*That Addiction Called Love*

Understanding Why Love Hurts



## That Addiction Called “Love”

DO YOU...

- Have difficulty saying “no.”
- Have difficulty expressing your needs and wants.
- Have difficulty with your own self care.
- Have difficulty being appropriate for your age.
- Have a bruised self image.
- Are you resentful.
- Do you try to control others by telling them who they ought to be so that you can be comfortable. (For example, “If you were a real Christian you would...)
- Do you allow others to control you by allowing them to dictate who you should be.
- Do you blame others for your own inability to be internally comfortable with yourself.
- When you “fall in love”, does that person become your “higher power”.
- Do you suffer from addictions, or mental or physical illnesses.
- Can you share your reality and receive the reality of others without either party judging that reality, *trying to change it*.
- Do you assign an inappropriate amount of time, attention and value above yourself to the person to whom you love and often find yourself obsessed.
- Do you have unrealistic expectations for unconditional positive regard from the other person in the relationship.
- Do you fall in love and fall apart ( \*i.e. neglect to care for, or value yourself while you are in a relationship.)
- Do you fear abandonment.
- Do you fear real intimacy.
- Do you assign too much time and value to that other person.
- Are you attracted to men who can “get things done.”
- Do you want to be rescued.
- Do you expect your lover to protect you from pain or destruction.
- Do you expect your lover to take care of you.
- Do you have a low self-esteem.
- Do you feel empty inside.
- Do you feel helpless.

**“Do not worship any other god, for the LORD, whose name is Jealous, is a jealous God.” (Exodus 34:14)**