



# **CELEBRATE RECOVERY<sup>®</sup>**

**LOVE AND RELATIONSHIP ADDICTION**

Issue Pamphlet

**[CelebrateRecovery.com](http://CelebrateRecovery.com)**

## **Exploring the Issue of Love and Relationship Addiction**

For most women with unhealthy love and relationship addiction, we are dealing with depression, isolation, and a lack of trust. Unhealthy use of love and relationships is used as a means of achieving worth.

### **Characteristics of Someone Struggling with Love and Relationship Addiction may include, but are not limited to:**

- Lack of nurturing and attention when young
- Feeling isolated, detached from parents and family
- Mistake intensity for intimacy
- Hidden pain
- Seek to avoid rejection and abandonment at all cost
- Afraid to trust anyone in a relationship
- Inner rage over lack of nurturing, early abandonment
- Depressed
- Manipulative and controlling of others
- Perceive attraction, attachment, and sex as basic human needs, as with food and water
- Sense of worthlessness
- Escalating tolerance for high-risk behavior
- Presence of other addictive or compulsive problems
- Using others to alter mood or relieve pain
- Existence of secret “double life”
- Defining “wants” as “needs”
- Use fantasy or unhealthy relationships to escape painful feelings or reality
- Unrealistic or unhealthy expectations with our spouse

## **How We Find Recovery**

Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our hurts, hang ups and habits.

### **Characteristics of Someone in Recovery for Love and Relationship Addiction may include, but are not limited to:**

- Accept Jesus Christ as Higher Power
- Working the 12 step recovery process diligently and consistently.
- Shifting our worship from our sexuality to God.
- Finding healthy coping mechanisms for negative feelings, emotions, and circumstances.
- Developing a healthy identity and positive self-worth that comes from God, not our bodies or others.
- Learning to love ourselves as God loves us, so knowing we are worth the work it takes for Him to heal us.
- Emotionally connecting with God, self, and others, and developing safe relationships.
- Identify difference between healthy and unhealthy relationships with others.
- Not engaging in sex with self, phone sex, cyber sex, pornography, fantasy, or a sexual relationship outside of marriage.
- Seeking a biblical definition of healthy sexuality.
- Become willing to experience grief, forgiveness, and acceptance.
- Discerning the difference between physical “need” and “want”
- Avoid cross over addictions; i.e. food/alcohol/drugs
- Identify triggers
- Avoid people, places, and things that tempt us to act out.
- In our recovery, we become willing to be used by God to bring hope to others with similar struggles.

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