

## Questions for Self Diagnosis

The following questions are designed to be used as a guide to help you identify signs of Love Addiction.

- Have you had to call in sick to work (or been unable to function in your daily routine) due to your relationship or overwhelming feelings about the relationship?
- Do you drive by your partner's house when you all have not planned to be together?
- Do you drive by his work place to check on him?
- Do many of your previous partners have similar characteristics that are harmful to you or cause a decline in your self-esteem?
- Do you find yourself repeating the same type of bad relationship over and over again?
- Have you had romantic relationships at inappropriate times or with inappropriate people?
- Do you make promises to yourself concerning your relationship or romantic behavior that you find you cannot keep?
- Have you dated someone or stayed with someone you didn't really want to be with, in order to avoid being alone?
- Do you believe that a relationship will make your life bearable or make you feel better?
- Have you ever felt that you **had** to have sex with a partner to keep that partner?
- Do you believe that a special someone can "fix" you or make you whole?
- Do you keep or have you ever made a list of the partners you've had?
- Do you feel desperation, anxiousness or uneasiness when you are away from your lover or partner?
- Have you lost count of the number of romantic partners you've had?
- Do you feel desperate about your need for a lover, partner, or future mate?
- Have you or do you have unprotected sex?
- Do you find that you have a pattern of repeating bad relationships?
- Do you feel that your only (or major) value in a relationship is your ability to perform sexually, or provide an emotional fix?
- Do you feel that you're not "really alive" unless you are with your romantic partner?
- Do you avoid protected sex for fear that the condom may offend your partner?
- Do you find yourself in a relationship that you cannot leave?
- Have you ever disregarded your own financial stability or professional reputation in order to pursue a romantic partner?
- Have you ever thought that the problems in your life result from continuing to remain with the "wrong" person?
- Have you ever had a serious relationship threatened or destroyed because of outside romantic activity?
- Do you feel that life would have no meaning without a romantic relationship?
- Do you find yourself flirting with someone even if you do not mean to?
- Does your sexual and/or romantic behavior affect your reputation?
- Do you get into romantic relationships to try to deal with, or escape from life's problems?
- Do you "build your world" around your partner?
- Do you postpone self-care activities to be with your partner or due to painful feelings about him/her?
- Do you neglect friends and family when you get into a romantic relationship?
- Do you need to be in love, or fall in love in order to feel like a "real woman/man" or a whole person?
- Do you neglect your children's emotional and/or physical needs to be with a romantic partner?
- Are you unable to concentrate on other areas of your life because of thoughts or feelings you are having about your partner?
- Do you find yourself obsessively thinking about your lover even though these thoughts bring you pain or discomfort?
- Have you ever wished you could stop or control your romantic activities for a period of time?
- Do you find the pain in your life increasing no matter what you do?
- Do you feel that you lack dignity and wholeness?
- Do you feel that your romantic life affects your spiritual life in a negative way?

- Do you feel that your life is unmanageable because of your excessive dependency on a partner or lover?
- Have you ever thought that there might be more you could do with your life if you were not so driven by romantic pursuits or thoughts about your partner?
- Do you question your own ability to pick a healthy partner?
- Do you find your life is out of control and chaotic because of a relationship?
- Does your partner try to control where you go or what you do?(Or do you try to control him/her?)
- Are you having physical discomfort related to your relationship such as headaches, stomach aches, soreness in the genitalia, sore muscles, bruises, scratches, wounds, infections?
- Have you ever tried to control how often you would see someone?
- Do you find yourself unable to stop seeing a lover even though you know that seeing this person is destructive to you?
- Do you feel that you don't want anyone to know about your sexual or romantic activities?
- Do you get a "high" from romance?
- Do you spend a lot of time worrying/ wondering where your partner is while you are apart?
- Do you "settle" for a partner that feels "less-than" in order to feel secure in the relationship?
- Have you spent excessive amounts of money on make-up, clothes, flowers, gifts, etc. trying to hold onto your partner?
- Have you gone into credit card debt for expenses related to romantic or sexual relationships?
- Have you had legal consequences related to relationships such as divorce, bankruptcy, arrests, hot checks?
- Have you committed offenses for which you could have been arrested or reprimanded if caught such as stalking, telephone harassment, verbal threats, sex/nudity in a public place, etc?
- Have you lost your sobriety over a relationship?
- Have you lost the ability to say "no" to your partner for fear that he/she may reject you or leave?

If you answered 5 or more questions affirmatively, you may have love addiction.

If you answered 10 or more questions affirmatively, it is more likely that you have love addiction.

If you answered 15 or more questions affirmatively, it is highly likely that you have love addiction.

### **Suggested Reading**

Bireda, Martha. (1990) Love Addiction: A Guide to Emotional Independence. Oakland, CA: New Harbinger Publications.

Carnes, Patrick. (1991) Don't Call it Love: Recovery From Sexual Addiction. New York: Bantam Books.

Carnes, Patrick. (1992) Out of the Shadows: Understanding Sexual Addiction. Center City, Minnesota: Hazelden.

Carnes, Patrick. (1997) The Betrayal Bond: Breaking Free of Exploitive Relationships. Deerfield Beach, FLA: Health Communications.

Forward, Susan & Buck, Craig. (1991) Obsessive Love. New York: Bantam Books.

Kasl, Charlotte Davis. (1989) Women, Sex, and Addiction: A Search for Love and Power. New York: Harper and Row.

Mellody, Pia, Miller, Andrea, Miller, J. Keith. (1992) Facing Love Addiction: Giving Yourself the Power to Change the Way You Love. San Francisco, CA: HarperSanFrancisco.

Mellody, Pia, Miller, Andrea, Miller, J. Keith. (1989) Facing Codependence: What is it, Where it Comes From, How it Sabotages Our Lives. San Francisco, CA: Harper & Row.

Peabody, Susan. (1994) Addiction to Love: Overcoming Obsession and Dependency in Relationships, 2<sup>nd</sup> Ed., Berkeley, CA: Celestial Arts.

Peele, Stanton. (1975) Love and Addiction. New York: New American Library.

Schaff, Anne Wilson. (1989) Escape From Intimacy: Untangling the "Love" Addictions: Sex, Romance, Relationships. San Francisco, CA: Harper San Francisco.