

## **TOXIC RELATIONSHIPS: IS IT LOVE OR AM I JUST THIRSTY?**

Answer on a scale of 1-10 (1 = not true, 10 very true) to the following...

1. In relationships I avoid stirring the water until I can't anymore.
2. I pretend things aren't really so bad, trying to believe change will come soon.
3. I don't feel peaceful when I'm alone. I'm afraid to be alone.
4. I latch on to people and/or things so I don't feel empty and void.
5. I feel threatened when my partner doesn't seem to need me as I need them.
6. It's hard for me to believe the good things others say to me.
7. I seek love & approval especially from people who aren't even capable of loving themselves let alone others.
8. I am attracted to unhealthy partners. I am not attracted to healthy partners.
9. I connect with people just because they say they need me or want me instead of taking the time to see if they are good for me.
10. Someone liking me or loving me is grounds enough for a relationship – even if I don't particularly like that person.
11. I lose interest in my own life when I 'fall in love'.
12. I tolerate being poorly treated so my partner won't leave me.
13. When I find someone else interested in me, I'm able to leave the abusive relationship for the new one.
14. When I'm alone I actually crave my partner or potential partner.
15. My view of myself is actually dependent on how others view me.
16. I tend to choose partners according to how I feel about myself.
17. I get motivated when someone says, "Baby, I'm no good for you."
18. I feel I can bring out the best in a partner and am attracted to help them.
19. When I get what I want from a relationship, I begin to lose interest.
20. I get into relationships quickly after ending an old one.

### **SIGNS OF ADDICTIVE LOVE...**

1. Feels all consuming. Don't easily think of something else.
2. Cannot define ego boundaries
3. Fears letting go for any reason.
4. Allows little room for individual growth
5. Lacks true honest intimacy
6. Allows self damaging situations for the sake of partner's love.
7. Plays psychological games (manipulative)
8. Gives in order to get. (Addictive love is conditional!)
9. Invested in changing the other person.
10. Attempts to take care of the other person's feelings. (shield them)

Addictive partners work hard at getting the relationship to 'make everything right'. They view relationships as "that missing something" in their lives which will complete them.

Additional reference: [Jellinek Curve](#).