

RELATIONSHIPS In and Out of Addiction

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IS IT LOVE ...


... OR AM I JUST THIRSTY?



We Are Spiritual Beings...

**We have an infinite capacity
and an
unquenchable thirst!**

When we get what we want, it never satisfies.



We are designed to be "Givers," whose lives work properly when located in proper community where others are "Givers".

Carl Jung "Protective Walls of Human Community"

We need right relationships with:

- Family/Friends
- Community
- Self
- Higher Power



We can't use love to make us happy ...

...“Love isn't love until it is FOR the other person.”



If we use relationships to satisfy, then we make them objects for our gratification. The addictive personality will use such objects pathologically .

“ADDICTION is a pathological relationship of 'love and trust' with an object or event.”

- Intimate
- Exclusive
- Used for gratification
- Regular & Ongoing

We come to expect the substance to do for us what makes us feel good (or not so bad!)

As with addiction, we become no longer capable of loving others for their good.

We become only capable of *using them* to fill our needs, distract us from pain...

The *codependent person* will often sabotage their partner's recovery to preserve his/her own role.

Same with family...



Virginia Satir “Modern Family System” -

- one family member in pain= all members in pain.

So with Toxic Relationships -

- Begins with desire to love, becomes need to control.
- A desire to be loved becomes a need to be desired.
- A desire to help becomes a need to 'fix'. ... (a need to be needed)

Toxicity offers us:

- *Buzz of Intimacy*
- *Buzz of Chase & Being Chased*
- *Buzz of Sex*
- *Buzz of "fixing the project"*
- *Buzz of fighting/making up*
- *Buzz of Chaos (all of above intensified)*
- *Protection from the detox of withdrawal*

Questions?

Comments?

Thanks for coming!