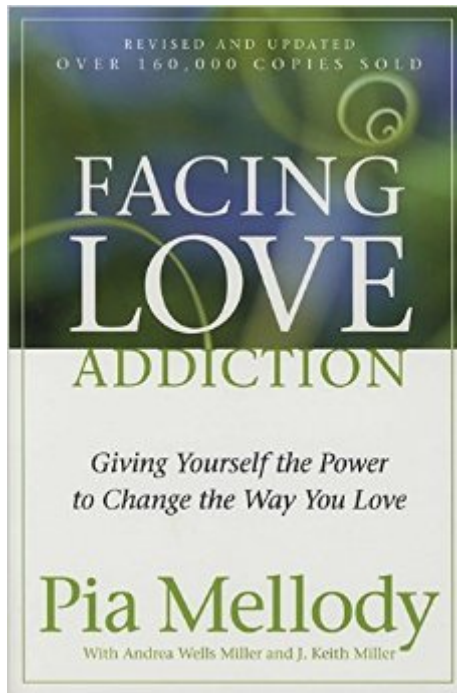


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# Facing Love Addiction: Giving Yourself The Power To Change The Way You Love



## Synopsis

In this revised and updated version of Facing Love Addiction, bestselling author of Facing Codependence and internationally recognized dependence and addiction authority Pia Mellody unravels the intricate dynamics of unhealthy love relationships and shows us how to let go of toxic love. Through twelve-step work, exercises, and journal-keeping, Facing Love Addiction compassionately and realistically outlines the recovery process for Love Addicts, and Mellody's fresh perspective and clear methods work to comfort and motivate all those looking to establish and maintain healthy, happy relationships.

## Book Information

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## Customer Reviews

This book was recommended by my therapist. After going thru the whole book and writing all the exercises, I have unlocked and unloaded a ton of childhood pain and trauma. You will shed floods of tears and feel terrible feelings you have buried, but this process is like the purging of toxins so you can begin to heal. One customer commented that the author didn't offer any recovery tools. I'd like to offer my experience: The most important recovery tool is to develop a relationship with a Higher Power that is not a person or object. For if you do not have a Higher Power, you will turn to a person or object for that love, which will result in addiction. From time to time, during recovery, painful feelings will surface, triggered by whatever or whomever you're dealing with day to day. When I was in a relationship, it was hard because I couldn't get away easily to process the triggered feelings. The book offers suggestions which are good, but not that easy to do for me. Now that I'm not in that relationship, I've followed my therapist's suggestion to identify the triggering event, the

root cause (usually from your childhood), and replace the painful feeling with thoughts, words, and deeds that make me feel better. This 3-step process takes tremendous discipline because many times I just want to stick to my lifelong habit of self-pity, depression, and pessimism. I also begin my day with one hour of Prayer Walk. I meditate every day to empty my mind, and infuse my being with God's love. Since I've been doing recovery, I have stopped crying over loneliness, stopped longing for that "soulmate", and stopped the frantic search. After all, you are your true soulmate, because if you can't love you, no one can.

Most books about codependency focus on the classic relationship dichotomy of co-dependent and alcoholic/addict/narcissist. This is the only book I have found that deeply explores the relationship that is created when two co-dependents come together. For years I have been involved in a relationship that I knew was co-dependent, but none of the books I found on codependency really captured my situation. When I started reading this book my heart started pounding-- It was as if the author knew me, my partner and my relationship inside and out. I am only through part one of this book, but it has already transformed my understanding of my current romantic issues. To summarize, there are co-dependents who are love-addicted and co-dependents who are love-avoidant: Love addicts are driven by a primary fear of abandonment spawned from childhood neglect/abandonment. They are characterized by low-self esteem and neediness, and are looking for someone to rescue them and fill the hole in their hearts. Love avoidants are driven primarily by guilt and a fear of intimacy. During childhood they took an inappropriate "care-taking" role for a parent, which taught them that loving is to care for another, but also that to love is to be drained and controlled by another person's need. They are often characterized by being very capable and very busy, but also controlling (to avoid being controlled) and fickle. When the two come together they are initially very happy. But, with time, the neediness of the love-addict activates the love-avoidant's fear of intimacy and being controlled. The avoidant then begins to pull away, activating the abandonment fears of the love addict, and driving them to be even more desperate and needy.

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