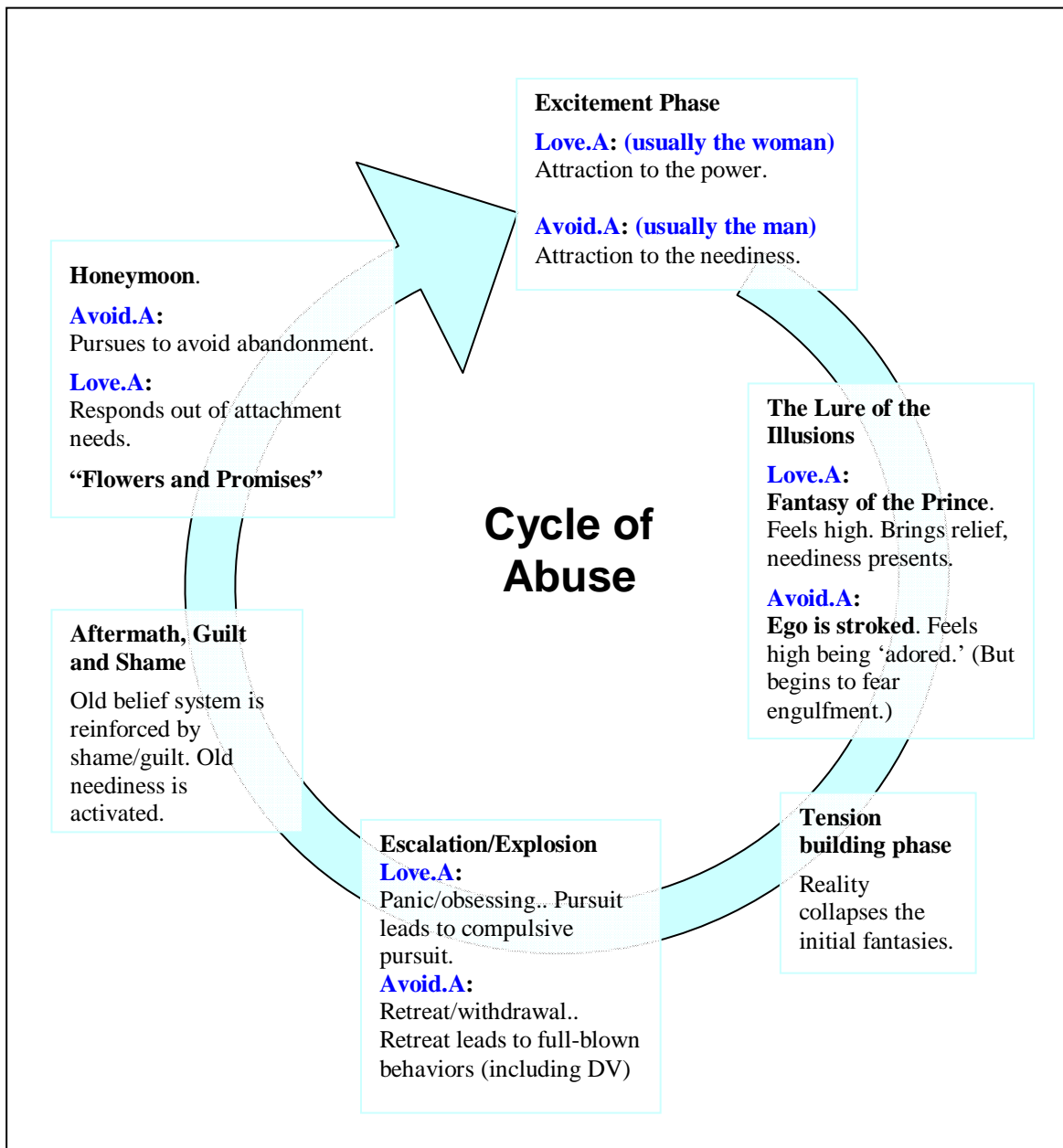


The Love Addict¹ Cycle: the pseudo-intimacy trap

The following table and chart are intended to illustrate another type of relationship pattern that goes beyond healthy relational patterns. It is meant to describe the typical way a person who is “addicted” to another person behaves. It also illustrates the role of the typical person found as the object of that kind of love. Both parties may need help to make certain necessary changes that will ensure a healthier relationship.

	Love Addict (Love.A)	Avoidance Addict (Avoid.A)
The conscious fear:	Abandonment	Intimacy
The unconscious fear:	Intimacy	Abandonment



¹ Adapted from “Facing Love Addiction,” by Pia Mellody.