

ADDICTIVE RELATIONSHIP CHECKLIST

The following checklist is a guide to help you identify any tendency towards relationship addiction or unhealthy relationships in general. If you answer 'Yes' to most of the following statements, you probably have a problem with relationship addiction.

- 1) To be happy, you need a relationship. When you are not in a relationship, you feel depressed, and the cure for healing that depression usually involves meeting a new person.
- 2) You often feel magnetically drawn to another person. You act on this feeling even when you suspect the person may not be good for you.
- 3) You often try to change another person to meet your ideal.
- 4) Even when you know a relationship isn't good for you, you find it difficult to break it off.
- 5) When you consider breaking a relationship, you worry about what will happen to the other person without you.
- 6) After a break-up, you immediately start looking for a new relationship in order to avoid being alone.
- 7) You are often involved with someone unavailable who lives far away, is married, is involved with someone else, or is emotionally distant.
- 8) A kind, available person probably seems boring to you, and even if he/she likes you, you will probably reject him/her.
- 9) Even though you may demonstrate independence in other areas, you are fearful of independence within a love relationship.
- 10) You find it hard to say no to the person with whom you are involved.
- 11) You do not really believe you deserve a good relationship.
- 12) Your self-doubt causes you to be jealous and possessive in an effort to maintain control.
- 13) Sexually, you are more concerned with pleasing your partner than pleasing yourself.
- 14) You feel as if you are unable to stop seeing a certain person even though you know that continuing the relationship is destructive to you.
- 15) Memories of a relationship continue to control your thoughts for months or even years after it has ended.
- 16) Even though you know the relationship is bad for you (and perhaps others have told you this), you take no effective steps to end it.
- 17) You give yourself reasons for staying in the relationship that are not really accurate or that are not strong enough to counteract the harmful aspects of the relationship.
- 18) When you think about ending the relationship, you feel terrible anxiety and fear, which make you cling to it even more.
- 19) When you take steps to end the relationship, you suffer painful withdrawal symptoms, including physical discomfort that is only relieved by reestablishing contact.