

## **ADDICTED TO LOVE**

There are those among us who cannot live without a love relationship. The moment they are left alone, they panic and behave as if their world is cracking up. They are so insecure and think so poorly of themselves that they cannot bear to be alone. They need someone to lean on. Someone to tell them that they are lovable and worthy of being loved.

These emotionally deprived persons search wildly for someone to hang on to. They are not crazy and out of their minds. In fact, they might even be charming and sweet. But you need to be careful about getting involved with them, because if you do, they have the ability to consume you.

Linda is a fine woman in her late twenties. She is kind, thoughtful and gentle. Some might even say that she is fragile. She is outgoing and instinctively helpful to those in need. Linda is now trapped in a stormy relationship with Peter, an intense man who talks and presents himself well. Peter quickly became friends with Linda and before she knew what was happening, he was courting her. She liked him and even had visions about possibly making a life with him someday.

Meanwhile, Peter worked swiftly. He would call and text her many times during the day and into the night. It was, at first, very flattering to be pursued so intensely. Linda was used to giving attention. She would have been a great social worker. All this attention from Peter made her feel loved and wanted. She could not, however, respond in kind because Peter became even more determined, more focused on her every time she responded to him.

It was as if he gave back 10 times for every one she gave him. Soon, however, she began to feel uncomfortable. It was as if she was being overwhelmed by him. His love was looking more like demands. He became more possessive, more controlling. It got to the point where he showed a streak of jealousy.

She began to feel as if he owned her. He smothered her with his attention and his requests for reciprocity looked more and more like demands. She had the distinct feeling that he was rushing her to the altar. Now she started to panic. This was too much of a good thing. She stepped back in order to get a bit of breathing space only to see him more forward on her even more. She was getting much more than she bargained for. The more she pulled back, the more she could sense his intensity increase. Until things got so bad, that she saw the relationship as a trap closing in on her.

When she stopped communicating with him, there was an explosion of feelings on his part. He became desperate to hold her and his pursuit of her was scary. He would not take no for an answer. Clearly, he was intent on having her even as she tried to disengage from him. Things got so bad that eventually she found herself at first avoiding him and later actually hiding from him. It was only after a while and a lot of heartache that he finally gave up chasing after her.

Linda was lucky. She was able to escape. Others cannot and end up trapped in a poisonous relationship that is a stranglehold more than anything else. They pay a terrible price for not getting out on time.