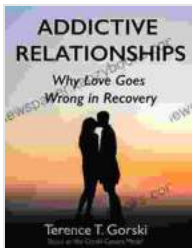


# Addictive Relationships: Why Love Goes Wrong in Recovery

Addiction is a disease that affects the brain and behavior. It can lead to a variety of problems, including relationship problems.



## Addictive Relationships: Why Love Goes Wrong in Recovery by Terence T. Gorski

★★★★☆ 4.5 out of 5

Language : English  
File size : 655 KB  
Text-to-Speech : Enabled  
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Word Wise : Enabled  
Print length : 31 pages  
Lending : Enabled  
Screen Reader : Supported



Addictive relationships are common in recovery. In fact, one study found that up to 50% of people in recovery from addiction have been in an addictive relationship.

There are a number of reasons why addictive relationships are so common in recovery. First, people in recovery are often vulnerable to exploitation. They may be feeling lonely, isolated, and desperate for love. This can make them more likely to get involved in a relationship with someone who is manipulative or controlling.

Second, people in recovery may have difficulty setting boundaries. They may be afraid of conflict or rejection, which can make them more likely to stay in an unhealthy relationship.

Third, people in recovery may be attracted to people who are also struggling with addiction. This can lead to a cycle of codependency, in which both partners enable each other's addiction.

Addictive relationships can be very destructive. They can lead to a variety of problems, including:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Financial abuse
- Isolation from friends and family
- Loss of self-esteem
- Relapse

If you are in an addictive relationship, it is important to get help. There are a number of resources available to help you break free from the cycle of addiction.

### **Signs of an Addictive Relationship**

There are a number of signs that you may be in an addictive relationship. These signs include:

- You feel like you can't leave the relationship, even though you know it's unhealthy.
- You are constantly trying to control your partner's behavior.
- Your partner is constantly trying to control your behavior.
- You feel like you are always walking on eggshells around your partner.
- You are afraid of your partner.
- You feel like you have to lie to your partner about your activities.
- You feel like you are losing yourself in the relationship.

If you are experiencing any of these signs, it is important to get help. There are a number of resources available to help you break free from the cycle of addiction.

### **Tips for Breaking Free from an Addictive Relationship**

Breaking free from an addictive relationship can be difficult, but it is possible. Here are a few tips to help you get started:

- Admit that you are in an unhealthy relationship.
- Set boundaries with your partner.
- Start spending time with friends and family members who support your recovery.
- Seek professional help from a therapist or counselor.
- Join a support group for people in recovery.

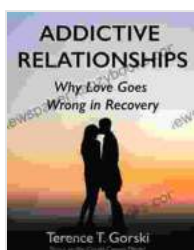
Breaking free from an addictive relationship is a journey, not a destination. There will be ups and downs along the way, but it is important to stay committed to your recovery. With the right help and support, you can break free from the cycle of addiction and build a healthy, happy life.

## Resources

If you are struggling with an addictive relationship, there are a number of resources available to help you. Here are a few:

- The National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- The National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- The Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP (4357)
- Alcoholics Anonymous: <https://www.aa.org>
- Narcotics Anonymous: <https://www.na.org>

Remember, you are not alone. There are people who care about you and want to help you. Please reach out for help if you are struggling with an addictive relationship.



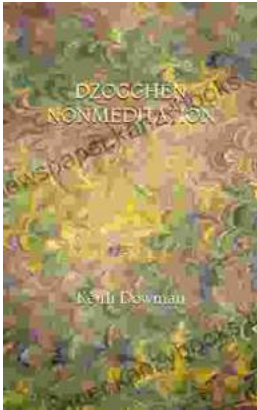
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