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Characteristics of people who love too much by Robin Norwood

1. Typically, you come from a dysfunctional family in which your emotional needs were not met.
2. Having received little real nurturing yourself, you try to fill this unmet need vicariously by becoming a care-giver, especially to people of the opposite sex who appear, in some way, needy.
3. Because you were never able to change your parent(s) into the warm, loving caretaker(s) you longed for, you respond deeply to the familiar type of emotionally unavailable person whom you can again try to change, through your love.
4. Terrified of abandonment, you will do anything to keep a relationship from dissolving.
5. Almost nothing is too much trouble, takes too much time, or is too expensive if it will "help" the person you are involved with.
6. Accustomed to lack of love in personal relationships, you are willing to wait, hope and try harder to please.
7. You are willing to take far more than 50% of the responsibility, guilt and blame in any relationship
8. Your self-esteem is critically low, and deep inside you do not believe you deserve to be happy. Rather, you believe you must earn the right to enjoy life.
9. You have a desperate need to control your relationships, having experienced little security in childhood. You mask your efforts to control people and situations as "being helpful"
10. In a relationship, you are much more in touch with your dream of how it could be than with the reality of the situation.
11. You are addicted to the relationship and to emotional pain.
12. You may be predisposed emotionally and often biochemically to becoming addicted to drugs, alcohol and/or certain foods, particularly sugary ones.
13. By being drawn to people with problems that need fixing, or by being enmeshed in situations that are chaotic, uncertain and emotionally painful, you avoid focusing on your responsibility to yourself.
14. You may have a tendency towards episodes of depression, which you try to forestall through the excitement provided by an unstable relationship.
15. You are not attracted to people who are kind, stable, reliable, and interested in you. You find such "nice" people boring.

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CD Each of the 12 steps is taken separately and explored as to how practicing it enables us to function more successfully in loving relationships. How the 12 steps teach us to love.

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CD Understanding how the opposite sexes understand love, themselves, and life can greatly reduce stress in a relationship.

12 Steps and Learning To Love CD by Earnie Larsen

CD Each of the 12 steps is taken separately and explored as to how practicing it enables us to function more successfully in loving relationships. How the 12 steps teach us to love.

All I Ever Wanted Was to Be Loved CD by Earnie Larsen

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