



Dependent Love Involvement

Dependent love involvement

preoccupied with object
compulsive behavior
makes excuses for object

fear

fears loss of object
efforts to control fall
guilt and shame increase

emotional paralysis

anger at self & others increases
loss of self esteem
relationship conflicts
excessive anxiety

behaviorally stuck

values violated
"insane behavior"
"unable to initiate action"
excuses exhausted

freedom/healing

take action for self
see new possibilities
begin to look outside "self"
accept being liked by others

hope/trust

begin to like oneself
accept comfort from others

acceptance

release guilt and shame
express hurt and sadness

surrender/relief

release rage

bottom

INTERVENTION

Chronic Conditions

1. Stuck relationships
2. Workaholism
3. Eating disorders
 - overweight
 - anorexia
 - bulimia
4. Hypochondriasis
 - (multiple non-specific body complaints)
5. Psychosomatic illnesses
 - ulcers, migraines, colitis,
 - arthritis, gastritis

Stages of Illness

1. Dependent love involvement
2. Fear
3. Emotional paralysis
4. Behaviorally stuck

Stages of Recovery

1. Surrender and relief
2. Acceptance
3. Hope and trust
4. Freedom and healing