



Love as a Healthy Relationship Vs. An Addiction

Listed below are specific criteria for distinguishing between love as a healthy relationship with growth potential versus love as a form of addiction:

1. Does each lover have a secure belief in his or her own value?
2. Are the lovers improved by the relationship? By some measure outside of the relationship are they better, stronger, more attractive, more accomplished, or more sensitive individuals? Do they value the relationship for this very reason?
3. Do the lovers maintain serious interests outside the relationship, including other meaningful personal relationships?
4. Is the relationship integrated into, rather than being set off from, the totality of the lovers' lives?
5. Are the lovers beyond being possessive or jealous of each other's growth and expansion of interests?
6. Are the lover's also friends? Would they seek each other out if they should cease to be primary partners?

HUMAN SEXUALITY, W. Masters, V. Johnson, R. Kolodny. 1992