

Signs of Addictive Love

Use: Future Development

In Love & In Danger, by the editor of Dating Violence, Author Barrie Levy

- You believe you can't live without her or him.
- You have fewer and fewer happy times together, and more and more time spent on apologies, promises, anger, guilt and fear.
- You feel worse about yourself.
- You feel you have less and less self-control.
- You don't make decisions or plans, waiting to find out what he or she is going to do.
- You enjoy time away from him or her less and less, as if you are killing time until you can be together again.
- You keep breaking your promises to yourself to be less desperate ("I won't call him"; "I won't make her tell me everything she did since I saw her").
- You feel you can never get enough of her or him.
- You try more and more to control her or him.

When asked why they stayed and didn't get out of a violent relationship, girls answered:

- I really loved him (when he was not being violent) and hoped he would change.
- I felt I was the only one who understood him – he needed me. I felt I could help him.
- He'd cry and promise not to do it again. I believed it.
- My friends think he's great, and ashamed to admit we had problems, I kept trying to make things work.
- I was afraid of him because he threatened to hurt or kill me, or other guys I might go out with.
- I felt lucky to have him and believed that no one else would want to be with me; I was convinced that I was ugly, stupid.
- We go to the same school. I was pressured by his friends like I was doing something terrible to him when I told him I wanted to break up.
- I believed that everything would be fine when his problems were solved, for example, when he didn't have pressure from parents or school.
- I believed that the violence would stop when we lived together or got married because then he would trust me.
- I have tried to break up, but he harassed me or became so depressed he scared me, so I tried to keep things calm until the "right" time.
- I had a baby with him. How could I break up with the father of my kid?