

# An Interview with Helen Mia Harris



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Helen Mia Harris is a registered therapist but offers her insights and advice for guidance only. All dates, place names, titles and events in this account are factual. However, the names have been changed in order to protect privacy and respect patient confidentiality.

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Love addiction is a phenomenon that after many years of research is finally being recognized as a **pervasive, complex and serious problem**, yet many of us still haven't heard of it.

In this e-Book, former love addict Sarah Benjamin delves in to this complex condition of the heart with expert relationship therapist and love addiction specialist, Helen Mia Harris.

**Sarah:** Helen, could you tell us a little bit about what love addiction is?

**Helen:** Love addiction is a condition whereby individuals often fall in love with someone who does not return their love and affection. More often than not, the love addict will be attracted to somebody who is **emotionally withholding** or someone who will neglect the relationship.

And this is key, because 'rejection' is intolerable to the love addicted person. They will quickly become infatuated or fixated on a person who they feel attracted to and often show signs of obsessional fantasies after only meeting someone once or twice.

**Sarah:** So you're saying that rejection is at the core of this predisposition as the "beloved" will often shy away from the pressure and "neediness" that emanates from the love addict?

**Helen:** Yes, exactly. This very dynamic between the couple sets the stage for the partner to "react" out of fear of being taken over, over-burdened and smothered, and resists his or her neediness as a result.

From this point on, the dynamic between the pair is already set, whereby the love addict is constantly "pursuing" the person whom they feel romantic love for.

This is why, for the love addict, being in love is often confused with ***being in pain***. They literally feel an insatiable longing for the other as if they couldn't survive without them.

Ironically, if the love addicted person withdraws and becomes more independent and stronger, there is often a complete "reversal" of emotions, whereby the pursued becomes more and more needy and controlling as they're now fearful of

losing their partner. This is how we know that love addiction only occurs when someone feels rejected, insecure or insignificant to the person they are projecting on to.

**Sarah:** I've read that many love addicts can often be attracted to someone they don't actually know, but have merely met online or in passing. Is that correct?

**Helen:** Yes, it is. In fact, I've seen individuals distraught and heartbroken when speaking about someone they have only "met" online or in passing, and yet they've become completely fixated on that person. The 'stranger' may have smiled at them, spoken to them briefly or shown them some attention, and that is the spark that ignites the love addiction.

That's all it takes for it to begin, and it's really quite a serious problem for the love addict as they feel a sense of 'falling in love'. Some love addicts even begin to plan their future with this person, even though they hardly know them. This phenomenon is experienced as "love at first sight".

**Sarah:** Can love addiction happen between two people who are in a relationship together?

**Helen:** Yes. This is very common between couples where one person longs for more attention than the other is able to give. The person who is more "needy" may feel rejected, insecure or even jealous of their partner, should they have a fuller social life or frequently work away from home, for example.

On the other hand, when a couple has children, the man may begin to feel very rejected when his wife no longer shows him the attention she once did. This can trigger a whole range of emotions from abandonment, jealousy and insecurity, right the way through to anger and depression.

**Sarah:** Can love addiction occur if two people are dating? Perhaps, they have been seeing each other on and off for a year or so but one partner either lives some distance away or is unable to fully commit to the relationship?

**Helen:** Most certainly. In many ways this is a very different kind of love addiction as it's based on a relationship that in reality *has* taken place, but may not be going anywhere. The abandonment/rejection that can happen for the one who "wants" the relationship to be normalised and present can be intolerable.

For one reason or another, the rejecter may become emotionally unavailable, withdrawn and consumed by the other's neediness.

This then paves the way for **dysfunctional communication and arguments** as the more one partner pulls away, the deeper into hysteria and abandonment the other will fall, losing all sense of their own individuality.

They will consequently **feel utterly powerless and heartbroken**. The experience of love withdrawal leaves them feeling as if they can't survive alone.

Often, in these kinds of relationships, the couple will often spend some time apart and work very hard to put themselves back together again in counselling or therapy, or even self-help groups.

If the "rejecter" makes contact after a time apart, the addict becomes hopeful that this time it will work, so they meet up again. With utter anticipation the couple will then experience feelings close to the original passionate attraction, intense sexual desire and closeness.

However, within weeks, **the same cycle starts again** as the fear of commitment and pressure builds up in the rejecter and he or she emotionally withdraws.

In other words, they are "there but not there, nearby but not present". This is the emotional experience that is feared most by the one who feels insecure and rejected, and they are thrown into the most primal of fears: **abandonment**, where the pain is so overwhelming that it can leave its mark for the rest of their life.

This is why many people fear getting close to someone ever again, and put a "guard up", so to speak. They're essentially protecting themselves from becoming "vulnerable in love" again.

Rejection and abandonment is a very painful experience. Hands-on exercises and a self-care program will help sufferers to improve their life and manage these overwhelming feelings by gaining strength and emotional endurance.

**Sarah: So how does a person end this cycle?**

**Helen:** This cycle can only end when the one that feels abandoned by love begins to carve out a new story for themselves. They need to take the time to examine how the relationship has played out.

They need to look at how their self-esteem and self-worth has diminished, shed this toxic relationship and develop a new healthy relationship with themselves and others.

In my view, there is no other way to move forward than to **reverse self-abandonment**, and create a whole new story to live by, one that doesn't make them feel like a victim at the hands of love.

It's really very sad when I work closely with people who have experienced this severity of emotional pain and loss, yet it also feels like a miracle when I see them begin to smile again.

No experience is so bad and painful that we can't grow from it. It is a gift in many ways, as we can turn it around and make it something that can re-create who we are.

By experiencing a sense of our own self-worth, we can more easily recognise when the love equilibrium is unbalanced or one-sided, and consequently exit any future relationships with our own integrity and self-respect intact.

**Sarah: What can occur between two people in a relationship if the addict makes that person the centre of their world?**

**Helen:** If we are dependent on one person for our source of all happiness, and if without them we feel incomplete, the relationship can be fraught with pressure and responsibility for the partner on the receiving end.

This often leads to co-dependency and "loving out of duty". This comes from the first romantic phase as we "idealise" this one person who has essentially triggered all that we lack. We make that one person better than our career, better than our own parents, and definitely better than ourselves.

My point is that we think we are incomplete without the other, so happiness can only occur when we have room for ourselves and our own sense of authentic individuality. Nothing is more attractive than someone who is "in love" with their own life and the direction it's going in.

**Sarah: Helen, based on your own experiences as a therapist, could you tell us how a love addicted person might typically behave when they feel that their love is unrequited or out of balance?**

**Helen:** Yes, of course. However, it's important to mention that some of the behaviour I'm going to highlight could also be due to a chronic lack of trust, insecurity and jealousy as well as love addiction. Generally speaking though, there may be constant phoning, texting, emailing, snooping through mobile phones for any clues of another person/rival, as well as interrogation-style questioning regarding time and location.

They will constantly check up on all information given, like train times, flight times and meeting times, for example. Often, the sufferer would have a log book of all information prior to questioning in order to crosscheck details given. This leads to any piece of 'incorrect information' provided by the "beloved" to be viewed as a lie or a betrayal.

Naturally, this kind of behaviour is extremely damaging to the relationship, as it becomes fraught with fear, anxiety and dispute.

**Sarah: What are the signs of love addiction? And what causes this fixation to start at such an early stage, i.e. when the attraction or crush occurs?**

**Helen:** The foundation for a "love addicted" personality is typically neglect, lack of nurturing and abandonment/rejection in early childhood. The parents or primary care givers are normally emotionally distant with the child and lack the ability to nurture and attach to the child's needs. This chronic lack of love and closeness creates an insecure base from which to form healthy relationships in the future. Alternatively, it may be that the parents have separated or that one has died.

Each of these different experiences can lead to an unhappy childhood where insecurity, lack of love, neglect and loneliness are very familiar.

These kinds of dynamics are typically formed from birth through to the ages of five or six, which then leads to a longing for love, and potentially, love addiction.

However, during my treatment sessions, I always stress the importance of moving "beyond" the past and any blame that may be passed onto the parents or primary care givers.

Naturally, many people will blame their upbringing for everything that they may lack, and for all the negative things that occur in their life, but in my view, this isn't a healthy or beneficial approach.

Rather than remaining locked in this **emotional prison of the past**, at some point, we all have to take responsibility for ourselves and integrate past hurts into present reality, because this is the only way to move forward.

My sessions are all about working through raw emotions and moving the trajectory of our sessions into the future, and it is this kind of approach that leads towards hope, inspiration and a realisation of one's "own" aspirations and dreams.

The more the sufferer of love addiction feels **self-empowered**, the stronger they become. And often, they will suddenly find that they're able to remove themselves from the situation they were in, and the feelings they had.

They will look at the person of their addiction through fresh eyes and think; "what on earth was that all about. I don't even *like* who this person is let alone *love* them. We are so different, living in different worlds and with different values. We're strangers."

### **And this is my point...**

Whatever two people are to one another can be so easily misconstrued, and suddenly, in a moment of clarity, the connection can seem most unlike what they imagined when they were stuck "in" the addiction.

This is the mystery of projection, when we transfer our "emotional reality and need" onto another. But when this "awakening" occurs, we realise that it's not about them. It was all about what we "expected" of them. We needed them to give us the love that we wanted.

Awakenings like this always move me, because at this moment, I know that I've done my job. The trance-like effect of love addiction is over, and a huge "exhale of relief" is let out by the sufferer. It is at this point that they will often say something like; "I have no idea where I've been, and I never ever want to go back there again."

**Sarah:** Helen, could you explain the difference between healthy romantic love and hungry love, or love addiction?

**Helen:** Healthy love is the desire for one another's growth, expansion and individuality when in a relationship. It is a love built upon respecting and caring for the other and gives of itself on an unconditional level. "Hungry love" or love addiction, on the other hand, is all about becoming fixated and wanting to fuse with the other. There is little empathy for the other's needs.



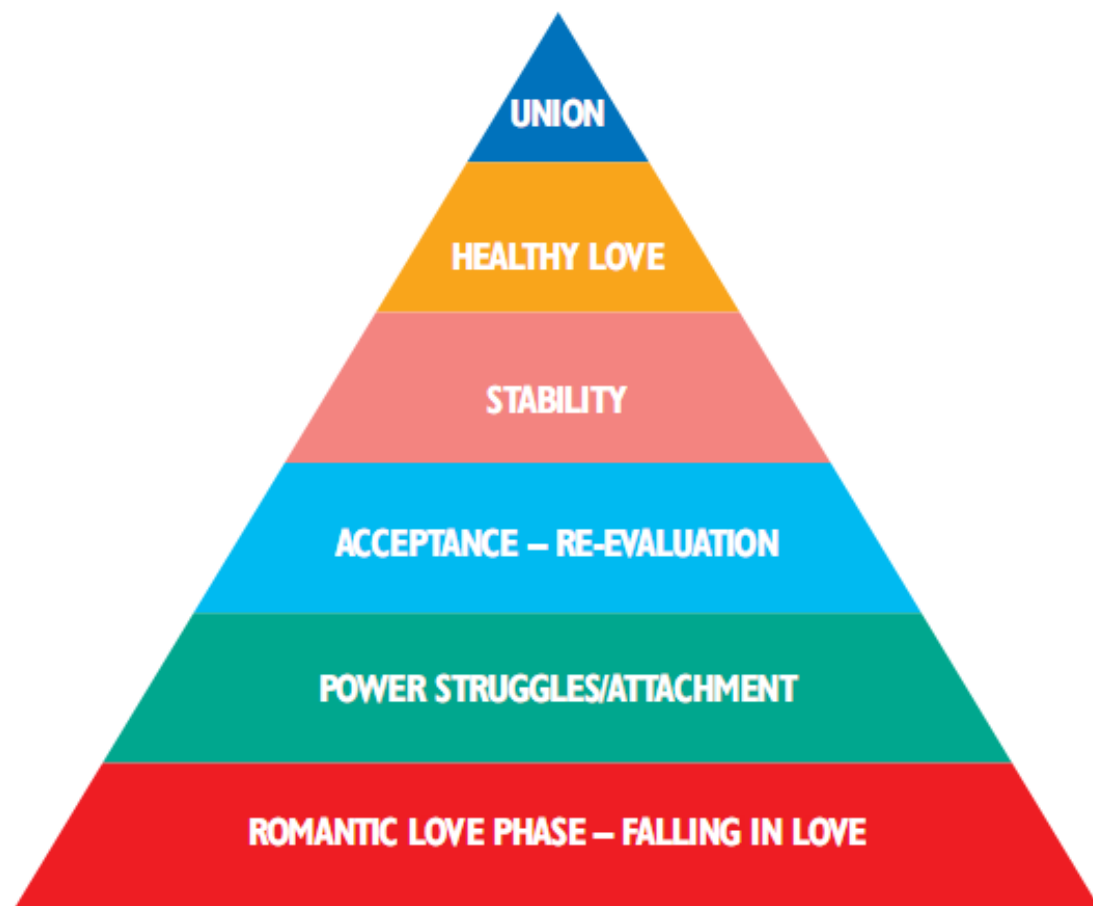
It's rather like a drug addiction, where the other person becomes a 'fix' which can be very overwhelming for the person on the receiving end. It can cause the most intolerable pain for the sufferer as they feel completely vulnerable and powerless, and appear to have little self-control.

**Sarah:** You spoke at an event recently about the *Six Stages of Love*. What are these stages?

**Helen:** Yes, I put together a program on the Six Stages of Love beginning with...

1. Romantic Love / Falling in Love
2. Power Struggles / Attachment
3. Acceptance (Passive / Conscious Active)
4. Stability
5. Healthy Love
6. Union

## THE SIX STAGES OF LOVE



Many couples have problems in the “**Power Struggle**” phase and this is often the point at which they come and see someone like myself.

The love addicted relationship often begins and ends in the first phase of Romantic Love.

It can then become a crush, infatuation or even a fixation with ecstatic highs and lows, and is resistant to the relationship becoming normalised.

In other words, **it gets stuck in the Fantasy/Denial phase** and is experienced as passionate love and as an all-consuming desire for the other.

This phase is the most dangerous, because typically, the receiver will keep the relationship at an arm's length for fear of being trapped.

This very *avoidance* will literally trigger primal emotions of abandonment in the love addict, throwing them back into their own original trauma from early childhood.

**Sarah:** Could you tell us a little about how someone can move towards the Fantasy and Denial phase when they are in the Love Addiction stage? And can you explain more about the 'feel-good' chemicals that are present in the body when one experiences an attraction or crush on someone?

**Helen:** Being in love, having a crush or an infatuation on someone literally releases 'feel-good' chemicals such as Oxytocin, serotonin and dopamine into the body, which provides a “high”. In fact, it’s exactly the same high as a drug addict would feel, which is why it’s so difficult to experience it as anything other than falling in love.

The problem begins when it’s based on *fantasy*, because often the person on the receiving end may be completely unaware of it.

Typically, people who suffer from love addiction spent a lot of time on their own when they were children, and subsequently, a great deal of time was spent in their own fantasy world where they were gripped by a sense of longing and loneliness, unconsciously longing to be loved. **This is why the love addicted sufferer cannot be treated whilst they are “IN” the fantasy.**

It’s only when the bubble of love/unrequited love is broken by reality that sufferers will go into a psychological meltdown.

For example, they might discover that the other person is having an affair or is even married, which catapults them back into reality.

Any “denial” the sufferer may have been going through is ended, as “reality” literally bursts open all sense of unobtainability, because at that point they “know” the passion isn’t mutual. They are dropped into a state of complete fragmentation and it takes a lot of work to bring them back.

It is often at this point that medical help is required.

**Sarah:** From what you have described Helen, it appears as serious as drug addiction and the withdrawal from this fantasy seems extremely intense for the sufferer? How do you see the treatment working for the sufferer when it has escalated to this level?

**Helen:** What will generally happen in terms of treatment is that a trained therapist in this area will work with the sufferer in terms of separating fantasy from reality. But again, work can only begin in the **withdrawal** stage.

If someone is high on drugs or alcohol you cannot work with them. And it’s the same for the love addict. If they are “in” the fantasy and “high”, they will be unable to process any therapeutic intervention. However, when they are in the **withdrawal stage**, the sufferer longs to survive and is much more receptive to intervention and assistance.

During my sessions I ask the love addict what it was that made that person appear so special that they could become “addicted” to them. I get them to ask themselves who the “beloved” really is in reality, in order to break through their fantasy world, and the denial that protects that fantasy.

In other words, many sufferers cannot “see” that this person is married or “not good for them.”

For some people, recognising that this person doesn’t exist in their daily life is really very profound, as often the fantasy is based on either an online contact unbeknown to that person, or someone who has “NO” idea that the sufferer feels the way they do about them.

For others who suffer from love addiction, it may be the relationship itself that has an “unreal quality”, as it’s a long distance relationship, for example, with someone who may live overseas or work away a lot.

So all of my work is built around withdrawal from the fantasy, and then often withdrawal from the medication, because many sufferers are prescribed anti-depressants and other medication to deal with the panic and anxiety.

It's only then that I'm able to start helping them to break this cycle of self-neglect, lack of self-care, and chronic self-esteem problems, and to understand how and why they have abandoned themselves.

This process requires a large amount of validation and confirmation of self. It's a long, difficult process designed to bring about their own individuality for life and self-expression, which is a far cry from finding the love they need in another person.

**Sarah:** Helen, could you tell us how your Recovery Programs can help those who experience love addiction, and perhaps provide some useful tips for surviving love withdrawal or the break down in a relationship caused by love addiction or co-dependency?

**Helen:** Sure, I will list some of the characteristics of love addiction, as well as some proven ways to gain self-worth and reverse self-abandonment.

## Common Signs & Characteristics of Love Addiction or Co-Dependency

Here are some of the most common signs and characteristics of love addiction or co-dependency...

- ✓ Constantly searching for love and romance and quickly becoming fixated on one person unbeknown to them.
- ✓ Falling in love with people online or in chat rooms before meeting them in person.
- ✓ Experiencing an extreme feeling of loss and abandonment (withdrawal). In some cases hospitalisation is required as suicidal thoughts can occur, as the love addict feels incapable of surviving without the beloved.
- ✓ Being drawn to long-distance relationships where the partner either lives or works away/overseas. (This often reinforces a 'fantasy like fairy-tale' when they get to *finally* see him/her, and leads to an 'unrealistic' view of the relationship as it's fuelled by hunger, passion, desire and excitement).

- ✓ Experiencing a distorted view of the beloved (fantasy taking over reality).
- ✓ Having a crush on a celebrity or famous person. (Using Google or other means to find out as much as possible about them in the belief that you could be with them one day).
- ✓ Continuously choosing unavailable partners which then triggers the dynamic of hungry love, addiction and longing, often experienced as emotional pain, abandonment and rejection.
- ✓ Using sexuality to seduce a partner very early on in the relationship for fear of losing them.
- ✓ Confusing love addiction and emotional pain with romantic love.
- ✓ Finding it intolerable to be with a partner if they are not continually showing you affection and love. (The addict will seek constant cuddles and validation, especially if the partner is preoccupied with other matters. Here the feeling of the partner being “there but not there” is experienced in the sufferer).
- ✓ Being unable to break away and finding it difficult to let go. (This is followed by trying to break free and then coming back together in the hope that it will be different next time. This can also be called co-dependency).
- ✓ Being accustomed to a lack of love in personal relationships. (As a result, the sufferer tries harder and is willing to wait and hope. They want to do anything to please him/her, even if the beloved is already in a relationship with someone else).

The points above show just how much a love addict will “abandon” themselves in search of completeness and closeness. **This tendency for self-abandonment lies at the core of love addiction.**

Also, if you happen to relate to any of the above, be careful not to replace one love addictive relationship with another.

For many sufferers, this way of relating to others is habitual, so that when one addictive relationship ends another begins, as the love addict is unable to recognise this pervasive condition in themselves.

# Are You Addicted to Love?

Here are some more signs to look out for...

- ✓ Merging fantasy with reality, unable to sense when love is not reciprocated and holding on at all costs when it's doomed.
- ✓ Experiencing romantic love and "soul mate" feelings when in reality these feelings are unrequited and your partner is unresponsive.
- ✓ Displaying an inability to know where you begin and the other person ends as the relationship has become "merged" (one becoming two rather than two separate individuals together).
- ✓ Misusing sex to mask loneliness and powerlessness.
- ✓ Game-playing in an attempt to manipulate the relationship and make the other person as insecure as you might feel.
- ✓ Not being attracted to women/men who are kind, reliable, stable, present and interested in you. (You find partners like this "boring" and uninteresting. Ironically if *they* show too much interest, you interpret this behaviour as weak, needy and unattractive).
- ✓ Being drawn to people who need "fixing" or "rescuing". (In this kind of dynamic, you feel a false sense of security that he/she wants you and is dependent on you).
- ✓ Being unable to leave emotionally abusive relationships even after repeated promises it will never happen again. (Displaying a chronic inability to imagine life without the loved one).
- ✓ Feeling as though you don't *deserve* to be happy. (Your self-esteem is critically low and you feel you have to earn the right to enjoy life and participate in things you are passionate about).
- ✓ Being so terrified of rejection and abandonment that you will hold onto a toxic relationship for fear that you won't survive alone.

- ✓ Constantly texting, emailing, phoning the other person when you are alone for fear that he/she might leave you. (At such times, anxiety and panic set in as all trust is based on actually being with that person in the flesh).
- ✓ Not knowing when love is too “hungry” and too “needy” and subsequently sacrificing your own dignity and integrity.
- ✓ Giving financially, emotionally, or otherwise to those who need your help and care but do not reciprocate what you give, which reinforces your insecurity.
- ✓ Feeling safe and secure with your partner, and taking up parent/child roles as you feel so attached and familiar with them. (This is the very thing that is so seductive, yet it keeps you in a child-like and powerless position).
- ✓ Feeling that your partner is larger than life, and that you will never meet such a person again. (Remember, this is the “hook” that is causing you so much pain).
- ✓ Being neglected or abandoned in early childhood due to parental loss, separation, or continual arguing.
- ✓ Feeling a sense of worthlessness and emptiness when you’re not in a relationship.
- ✓ Presenting a secret “double life” where you attempt to hide your love addiction from friends, family and the rest of the world. (The love addicted person can sometimes feel so embarrassed that they attempt to hide the fact that they’re back in a relationship with someone that, deep down, they “know” isn’t right for them).

## **How to Overcome Love Addiction, Co-Dependency & Loving Too Much**

**Below are some of the key steps you can take in reclaiming your self-worth and reversing self-abandonment.**

- ✓ Recognise when the distance and disconnection between you and becomes more noticeable than the closeness and connection.

- ✓ Retain your individuality *without* losing or sacrificing yourself for the sake of the relationship.
- ✓ Don't transfer or replace one love addicted attraction for another, unless it feels like a healthier way of loving. Start to enjoy one another's company without the anxiety that goes hand-in-hand with love addiction.
- ✓ Remain as two separate individuals with your own unique character.
- ✓ Recognise when a relationship turns toxic, and it's time to leave.
- ✓ Address how your self-esteem depends on you being a care giver and "rescuer" of your partner
- ✓ Learn everything you can about your love addiction. Create a time-line in your journal from when you were four to fifteen years old. This will help you to see how far back it goes, and where it might have started.
- ✓ Don't try to change yourself in your relationship and be who he/she wants you to be.
- ✓ Stick to your treatment program no matter how low you may feel (Remember, your recovery won't be instantaneous. It takes time).
- ✓ Hold on to the fact that you *will* be free one day.
- ✓ Never settle for that high, intensified feeling of romance because you are scared you will be alone forever. (Remember, this is the drug to avoid).
- ✓ Keep a journal of all things that make you feel connected and alive as this will help you to feel self-validated and heighten your sense of self-worth. (Self-care and self-acceptance is "key" in helping you overcome love addiction, because this very painful condition often occurs in those who are lonely, frustrated and feel that their life lacks meaning and purpose).
- ✓ Learn how to love "what is" rather than trying to make it what it "should or ought to be". (Often, people fall in love with the possibility of what a person "could be" and feel deeply disappointed that the partner won't change to meet those expectations).
- ✓ Make a significant new connection with yourself and build healthy self-esteem, gain self-worth and shed self-defeating thoughts



- ✓ Try not to dwell on past mistakes or regrets. Accept that you can't change the past. Instead, focus on the present and the future.
- ✓ Don't try to manipulate someone in an attempt to be with you.
- ✓ Do something you are passionate about – something that gives your life meaning and purpose. (Personal development is a critical factor in releasing you from the debilitating symptoms of love withdrawal).
- ✓ Don't put your life on hold whilst you wait for love to come.
- ✓ Set new goals for your own personal growth.
- ✓ Stop seeking self-approval and validation from others.
- ✓ Stop “abandoning” yourself when you're in a relationship.
- ✓ Free yourself from any co-dependent, addictive relationships and start acting more independently. (This will strengthen your ability to take care of yourself, without projecting your hunger for love onto another).
- ✓ Make choices that impact the way you live in a positive way.
- ✓ Don't allow yourself to play the role of the victim and instead make decisions that reflect your strength as a man/woman.
- ✓ Surround yourself with relationships that are based on trust, mutual respect, integrity and honesty. (This may mean shedding toxic relationships or relationships that are not good for you. Feeling unworthy and unlovable is a key element of love addiction).

Once you've applied the principles of Helen's *27 Step Surviving the Addictive Love Cycle Program* to your daily life, you will emerge **emotionally free** of the debilitating sense of powerlessness and start to experience a stronger, more vital connection to yourself.

And very soon you'll be free to find **real healthy love**, and true unbridled happiness.

## Who is Helen Mia Harris?



Helen Mia Harris is an Expert Relationship Therapist, Marriage Coach (BACP Reg) MNC (Accred), Couples Counsellor and Life Coach Practitioner for both couples and individuals.

She specialises in helping people who suffer from love addiction, co-dependency and the painful effects of rejection, insecurity and abandonment in their relationships.

In her *27-Step Surviving the Addictive Love Cycle Program*, Helen works with some of the most painful and raw emotions that surround love addiction. Her program helps sufferers to see the true nature of their relationships and are designed to enhance understanding and reverse self-abandonment by strengthening a sense of self, allowing people to move towards emotional freedom by approaching love, life and relationships in a healthier way.

Visit [www.lovingtoomuch.com](http://www.lovingtoomuch.com) to find out more.

## Here's What Some of Helen's Previous Clients Had to Say...

“Helen, you have really helped me find myself again. Literally! When I first came to see you I was in a desperately low place. I felt I was sinking and drowning, immersed in a pool of anxiety, unable to see a way out. I was needy, insecure, emotional, unsociable and untrusting, looking for any word or signs that would send me into a blind rage of jealousy and insecurity. Helen, I can't thank you enough for giving me my life back.” — **Susan, Tunbridge Wells**

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“After trying Helen's Love Addiction Recovery Programme my life has changed beyond belief. I used to text my husband at least 20 times a day as I feared he didn't love me in the same way as I did him, which caused him to feel pressured by me. Now after doing the programme I am more independent and self-sufficient and it has ignited our love.” — **Emily, London**

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“Helen gets to the source of a problem in a short space of time. I was a love addict and every partner I had seemed to run away from my neediness. What she's done for me is a miracle really. I now have my own life, and I can see that people find me more attractive and interesting as I'm no longer so needy. Thank you so much

Helen for helping me to understand that the person I abandoned was myself.”  
— **Paul, Chislehurst**

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“A truly uplifting and insightful experience! Helen gets right to the heart of things in her one to one recovery programme. Now my emotions no longer rule my life. Nothing more than a miracle!” — **Loretta, Kent**

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“I’m finally free thanks to Helen’s love addiction recovery programme. I used to be so jealous, and insecure and the more my partner rejected me the more I felt powerless and worthless. We are now great together, and if anything our love has grown day by day. I’ve also been accepted for a managerial position and I’m finally doing the work I want to do. I feel so motivated with Helen’s help to continue the progress I’ve made. Huge thanks Helen!” — **Teresa, Bromley**

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“If you want to change the way you love, get Helen’s recovery programme. It has miraculously changed my life, and it really works! Thank you immensely Helen.”  
— **Alisha, London**

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“Helen, I never ever thought that I could go from feeling so insecure and powerless to this – in such a short amount of time. Thank you so much. My partner can’t believe just how much I’ve changed.” — **Melissa, Kent**

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“Helen’s recovery programme got to the root of our relationship problem right away. I was unable to show my wife affection, and in turn she became emotionally distant with me which made me feel as though we were heading for a divorce. Now we understand this, our marriage is back on track. Thank you Helen for all your insight and help with the challenges we faced”. — **Henry and Ann, London**

“Helen got straight to the root of our marriage problem, and got us connecting to each other again after three years of misunderstanding – nothing more than a miracle. Thank you, we are so very grateful to you.” — **Katherine and Josh, Kent**

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“If you want to save your relationship go and see Helen! Her extensive insight and experience is like no other.” — **Michael, Brighton**

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“We were on the verge of breaking up after a 12 year marriage. Helen gave us the tools to understand each other. We now know that we were emotionally disconnected, now we are much closer and happier; even the passion has come back! We are eternally grateful for your help.” — **Carol and Andrew, London**

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“Helen offers insightful strategies that give individuals and couples the solution to move forward and rebuild a secure attachment and connection, even if your relationship is in crisis.” — **Adrian, Kent**

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