

# Why can I not let go?

Fear of abandonment in an  
addictive relationship



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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.

# “Why Can I Not Let Go?”

## The fear of abandonment in an addictive relationship



Hello, Helen Mia Harris here.

I've decided to write this short eBook to help those of you who are finding it difficult to let go of a relationship – whether short or long term – that isn't good for you, and where your love isn't being reciprocated. Despite knowing deep down that your lover is distant, preoccupied and withdrawn, it is as if you are stuck to them like glue that holds you together as one.

Having worked as a love addiction specialist, marriage coach and couples' counsellor for over 25 years, I've seen many hundreds of people experience the pain and torment that occurs when a person knows intuitively that they need to let go of a relationship, but simply can't, due to their own fears of rejection and abandonment, and of not wanting to end up 'alone', or believing that they won't survive the breakup.

**But my real inspiration for writing this eBook came from an unsolicited email that I recently received from a client of mine, called Louise. I reproduce it here with her permission.**

Last year, Louise came to see me in my counselling practice where we went through the entire *Love Addiction Recovery Program* (now called *Surviving the Addictive Love Cycle Program*) face-to-face, over a period of 12 weeks.

Louise was trapped in a damaging relationship for over four years, unable to break free. She deeply loved her partner and wanted to do anything to make the relationship work, but he kept resisting any kind of commitment. This caused huge rows and disputes, leaving Louise feeling an intolerable sense of abandonment, rejection, and heartache, particularly when he would leave for several days or even weeks at a time because he felt so pressured and trapped by her clinginess. Each time, Louise would plead with him to come back, which, after copious text messages, he did, and the same debilitating cycle would start again.

During each session, Louise and I worked towards helping her to understand the reason WHY she stayed in this painful, on-off relationship for so many years, and also why her partner did. Often in this type of relationship, one will love too much and become the 'pursuer', while the other (the 'pursued'), feeling responsibility, expectation and demand, will flee in the opposite direction. Ironically, both people can become ensnared in this pattern of behaviour together, knowing that the relationship isn't going anywhere, yet unable to find the courage to separate.

## **Below is the email that I received from Louise:**



*“Hi Helen, I would just like to express my thanks and gratitude for helping me through such a difficult time in the break-up of my partner of four years. I was very much in love with a man that I could not understand and therefore could not make the relationship work.*

*“It turns out that he was the one with the issues and there wasn't really much I could have done to help the situation or make things right, it was something he had to do for himself. You helped me to understand his way of thinking and help me get through the grief of dealing with the rejection from the one I loved.*

*“He meant the world to me, I wanted children with him, but you can't change other people's minds and it is not for us to try. You helped me to realise that I needed to change myself, to be more emotionally independent when it comes to my own happiness, as I felt as if I had lost myself in this relationship and would have done anything for him to feel the same way as I did. The problem was that when I was with him, I felt so helpless and weak as I tried to change myself, hoping he would want me more and want a future with me. I know now that my self-worth and confidence was very low and I truly believed I was unworthy of him ever wanting to be with me and was so frightened to be alone.*

*“It was a very hard lesson to learn, and of course, very painful. But having someone like you there to help me understand and see the light at the end of the tunnel has been invaluable.*

*“Thank you so much for helping me through when others couldn't. I was lucky enough to have many friends and a wonderful family, but they didn't have the knowledge and experience that you could draw upon to help me realise that it wasn't my fault.*

*“I was not in the wrong, and I was not failing. I am a good person, kind and thoughtful. I am now beginning to reclaim my life and most of all, find my self-respect, because for years I was clinging onto him as though he was my life line.*

*“Thank you so much, Helen, for all the help and wisdom you have given me and all the kindness you have shown me over these past few months that I have been coming to see you. I will never forget it. Your heartbreak recovery programme helped me more than you will ever know and I go to sleep listening to your guided meditations.”*



So the purpose of this eBook is to try to help you confront your own painful truths, to find the strength and courage to disentangle yourself from this negative cycle and finally find the **self-respect and emotional independence you need to find mutual, balanced and healthy love.**

## **Who might feel as though they are unable to let go?**

- ✓ Couples (married or not) in a co-dependent relationship (insecure attachment).
- ✓ Anyone experiencing co-dependency, inflammable love, rejection, insecurity, abandonment, anxious attachment, possessiveness, jealousy, heartbreak, obsessive love, etc.
- ✓ Anyone who feels they can't leave their partner, and have become trapped in patterns of behaviour which are damaging and destructive to themselves and their professional lives.
- ✓ Anyone who is experiencing infidelity or dishonesty, and don't know how to stay but can't find the courage to leave.
- ✓ Anyone experiencing narcissistic abuse – who return time and again to emotionally abusive, damaging relationships.

**If you recognise yourself and your relationship in any of the points above, then this eBook will help support you through this time and give you some clarity and understanding.**

# How Do You Know If Someone Is Emotionally Harmful to You?

Well, before I answer that question, take a look at the following description – these types of feelings are typical of co-dependency:

*“I’m in this awful place, acting out of character... My complete lack of self-control is driving a wedge between us; I’m beside myself with fear, unable to know what to do or how to get through this. I can’t take his silence seriously. I can’t hear him say he can’t give me anything. It feels like a sickness in me that disables my ability to hold my life together, participate in anything normal. I’m hiding it from my friends, parents, and work colleagues. I am acting in a way that I never believed I was capable of... For years I have run my own business and even that is crumbling under the strain of holding these two worlds together.*



*“I convince myself that we’ll get through this together, that the next time he comes around things will be different. We’ll talk and talk. I hope that we’ll be able to find a way out of this collapse in our communication, and yet after a fiery all-consuming passionate evening, somehow, out of nowhere, he’d shut down, pull away, literally holding back from me emotionally, unable to make eye contact. Any question from me would repel him further into a tiny, closed cocoon, unable to reciprocate any affection, and the more he shuts me out, the more I crave his love, pleading, begging him not to leave.*

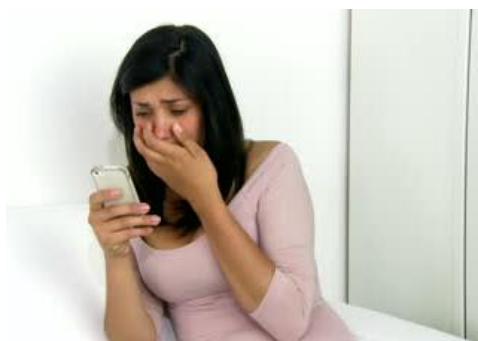
*“I display uncontrolled behaviour and a fierce desire to hold on tight, and the more I do this the further away he goes. He leaves, and despite the harm we cause one another, I just can’t let him go and cling more in desperation to have him back. I might wait weeks to see him again and then he’ll make contact and the whole thing begins all over again, as if I’m going around and around in some kind of destructive loop that I can’t break free from.*

*“I wait for him to arrive in fear and trepidation, and at the same time feel a furious desire to hold him close, yet I know deep down that I must leave him as I know with all my heart that it’s not going anywhere and he is not good for me...”*

## **Does any of this sound familiar to you?**

Many of my clients have recounted such devastating episodes of uncontrollable behaviour with all the panic, grief, anxiety, distress and fear that accompanies it. This is typically followed by self-blame, confusion or blaming the beloved, moving from demonization to

adoration to guilt to a hopeful philosophical view – he/she will change, a leopard can change its spots, I can make him/her see the light, make him/her love/want me.



Then there are the long phone calls or texts in a desperate plea to solve the problem and finally understand one another – as if you’re fighting for your life.

In fact, this is exactly what is happening; people who suffer this kind of attachment to the beloved are literally ‘fighting for their lives’, and no matter how much the threat of diminished self-worth and emotional fragmentation, they find it literally impossible to either physically or emotionally let go or stay away.

**And this is the key issue for anyone who is caught in this addictive ‘love loop’.**

It’s as if the rational mind loses all sense of reality and all sense of the risks to oneself that go with it. They are temporarily taken over by the addiction to the relationship, where the significant other (the beloved) is the drug that they can’t live without. This is why people keep returning to this seductive, destructive pattern, full to the brim with an obsessional yearning to have this one person, no matter what.

**So how do you escape this cycle?**



## **Going Cold Turkey**

The worst fear for the love addict who has become completely consumed by the person of addiction is to take some steps to move past the initial separation, the initial few hours, and the first day.

After that, days two, three and four, then weeks one, two, three, four – all the time the love addict is experiencing the debilitating symptoms of ‘love withdrawal’, typified by feelings of chronic grief, as if the beloved had died, which are then reinforced by the fact that the person is very much alive, **but fails to reciprocate their love.**

At this point, you need a close and supportive network of friends and family to help you over the initial shock and grief, so that you can force a distance between you and your addiction.

Please seek professional help from a registered therapist or a GP if anxiety symptoms are acute.

**This is where the whole concept of “No Contact” comes in, but please note it is not advisable to do if you experience love withdrawal – you should look at my “Surviving the Addictive Love Cycle Program” instead.**

Crucially, whilst you are withdrawing from the fierce, passionate attachment and intensity you shared, it’s VITAL that you display an on-going commitment to yourself and truly participate in your own therapeutic recovery. **This includes seeking professional help from a registered therapist or your GP if your anxiety symptoms are acute.**

You also need to understand **how and why** this has happened to you, and you always need to bear in mind that if you don’t commit yourself to your own love addiction recovery, you might end up reliving the same pattern over and over again.

You will simply repeat the cycle, and attach yourself to either another person or the same person once again, which will render you powerless and destined to be unhappy and heartbroken.

**I’m going to explain exactly why this happens in just a moment.**



Right now, I’m sitting here writing this book, and remembering exactly how I felt over 20 years ago.

I remember everyone urging me to do the ‘No Contact’ thing. In fact, I vividly remember a friend of mine telling me very clearly that if I kept having him back, there would be nothing left of me (I’d already lost over a stone in weight).

Now, I want to be honest...

I absolutely did NOT want to let him go, no matter what the consequences. But I had to, and the fear I felt was enormous, as I truly believed that I would not survive the withdrawal symptoms that were identical to grief after a bereavement – except he was very much alive.



Luckily, I did survive, and here I am; here to help YOU to finally free yourself from this most frightening of addictions.

And I can guide you in a different approach – “Surviving the Addictive Love Cycle”.

Believe me when I say, the grief symptoms *will* pass, and you will find a level of strength and courage that you didn't even know you had. But most of all, you will find a sense of your own self-worth and emotional self-reliance, a far cry from all the heartache and rejection you may be feeling right now.

## Why Can You NOT Let Go?

**So why is it that you're unable to break free from relationships that are no good for you, that are causing you heartache?**

Many who find themselves in this addictive love cycle, unable to leave a painful on/off relationship, might come from a perfectly functional family background – which can make trying to understand this topic much more complex.

But for others, you may have experienced a lack of nurturing, attention and neglect in early childhood (not necessarily from your primary caregivers) and a deficit of support/security/mirroring/love/nurturing which are all completely necessary for healthy emotional, cognitive and behavioural development.

The sense of feeling invisible in their early childhood and teenage years can reinforce a person's need to fill a deep ache in their heart because they never feel validated, and they will typically display a **longing or craving** to attach themselves to someone who will fill this void. This way, they no longer feel separated from themselves, and the yearning to feel passion, connection and closeness will finally be quenched.

Of course, both men and women can experience abandonment, rejection, neglect and lack of validation and nurturing during childhood, so much so that when they are propelled into that euphoric feeling of romantic love they immediately attach and hold on tight to that *one* person in order to ease and soothe a lifetime of unfulfilled emotional needs.



**British psychiatrist in Attachment Theory John Bowlby used the term ‘**maternal deprivation**’ to refer to the separation or loss of the mother as well as the failure to develop an attachment between mother and child.**



Consequently, when someone steps into that empty well of loneliness, it's experienced by the love addict as if this is the **only** person that can make them feel whole, lovable and understood – but if the beloved is a 'love avoidant' they may shut down and run in the opposite direction, which is what makes this 'yo-yo-ing' cycle so painful, because the response is diametrically opposed to what the love addict wants.



Similarly, in early childhood you may have experienced a complete lack of control. Perhaps your parents fought a lot, but there was nothing you could do to stop their arguments so you retired into a world of **fantasy and make-believe**, longing for a prince or princess to take you away and save you from an intolerable situation.

This can also pave the way for the foundations of love being linked to *intense drama*, dispute and chaos, as you may not have experienced your parents or primary care givers being loving and tender with one another.

**“So why do love addicts typically end up with people who are no good for them?”**

In short, it's because that's all they know. It's not their fault.

**It's not *your* fault.**

The love addict will instinctively be drawn towards a man or a woman who replicates the kind of relationship(s) they had when they were young. This is why you gravitate towards a person who is emotionally withholding, unavailable and unable to reciprocate the love and affection that you crave.

You continue to seek out this kind of relationship because it's all you know. It's familiar and it's comfortable, even if the result is entirely destructive.

## What are the symptoms of not being able to let go?

Because an addiction to love is a behavioural condition, it presents itself through a series of symptoms when a threat of loss and abandonment is experienced, such as:

- ✓ Chronic feelings of rejection
- ✓ A sense of inadequacy
- ✓ Loving too much
- ✓ Love addiction
- ✓ Excessive craving for the beloved
- ✓ Low self-worth
- ✓ Loss of self-respect
- ✓ Chronic separation anxiety
- ✓ Chronic grief
- ✓ Panic and anxiety distress
- ✓ Possessiveness
- ✓ Emotional dependency
- ✓ Depression and sadness
- ✓ Obsessive love
- ✓ Love withdrawal
- ✓ Denial and powerlessness
- ✓ Primal abandonment
- ✓ Jealousy and insecurity
- ✓ Loneliness and isolation
- ✓ Stress-related symptoms
- ✓ Lethargy and tiredness
- ✓ Anger and revenge
- ✓ Emotional trauma
- ✓ Not feeling 'good enough'
- ✓ Self-blame and shame
- ✓ A desire to be taken care of
- ✓ Intense attraction if someone shows kindness
- ✓ Co-dependency and low self esteem

To avoid these symptoms recurring again and again, you need to be able to spot the signs of an unhealthy, 'toxic/inflammable' relationship, and break the chains as soon as you can – even though you might feel completely bound and attached to this one person who makes you feel so alive one moment, and so broken the next.

**“Nothing is more painful than loving into a void.” – Robert Weiss**

# Five Signs That Someone Isn't Good For You

1. **They ask you to change: “If you were more like this, or less like that, I might be able to stay...”**

**(What they are really saying is; be more independent)**

I've had many female clients particularly who have changed their hair colour, lost vast amounts of weight, spend copious hours in the gym or even had surgery (nose, breasts, tummy tucks, lipo-suction on their thighs etc).

I notice often in private practice how many women, especially, are **preparing a 'new' identity; a fabricated and false self** to impress upon the beloved just how 'strong' she was after their time apart, if they have had a brief break away from one another.

Just being their true self wasn't enough for these women. There was a clear movement away from their own authentic individuality and secure sense of self, and a move towards a 'performance'; an act if you will, in order to guard against an anxious, vulnerable and insecure self who they knew would frighten the lover away.

It may be hard to resist the beloved's request to change, especially in the early stages of the relationship. After all, you WANT to please them. You WANT to make them happy. You WANT them to choose you. You WANT them to WANT you.

But you should NEVER try to become somebody else in order to achieve this. Be your authentic self always. You are good enough as you are. You are lovable. If your partner isn't happy with who you are, then the relationship will never work.

2. **They are distant, unavailable and emotionally unresponsive**



If you are displaying love addictive tendencies, then an unavailable and emotionally unresponsive partner will only serve to pull you further and deeper into despair, because you'll be faced with feelings of rejection, separation anxiety and abandonment on a constant basis. This kind of emotional unavailability (the person is there, but not truly 'there') exhibited by the beloved will TRIGGER the feelings of hungry love and addiction that exist inside you, and, set against an opposing force that is forever trying to pull away, the love equilibrium will quickly become unbalanced.

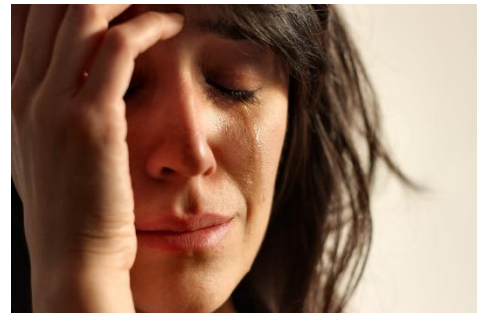
### 3. They are emotionally or physically abusive

Of course, a physically abusive partner is a desperately difficult thing to have to cope with, particularly for a love addict who finds it almost impossible to end the relationship for fear of being alone and grief-stricken. **If you are living under the threat of physical violence, please contact Refuge for support and advice.**

But emotional abuse can often be just as psychologically damaging as physical abuse in the long-term. Love addicts are, by their very nature, insecure, displaying low levels of confidence and self-esteem. They want to please their partner all the time. Unfortunately, some men and women – who may be as addicted to the attachment you share as much as you are – will take advantage of this, and use emotional abuse to manipulate the relationship to get what they want. One way of doing this is to constantly text or phone the other person to keep them hooked – either with the promise that it will be different next time, or blaming them for the breakdown of the relationship.

### 4. They make you feel unworthy, unwanted and unlovable

Another danger sign to look out for is if your partner makes you feel unworthy and unlovable. Many love addicts suffer neglect, lack of nurturing and rejection/abandonment in early childhood, which understandably fosters a yearning for love, closeness and acceptance in later life. If a partner isn't able to soothe you in this respect, and make you feel loved, worthy and appreciated, then it's vital that you find the strength to end this unhealthy relationship, because it's not good for you – and never will be, as hard as that may be to accept.



**5. They are not ready to be in a relationship, they may feel confined, entrapped or have a fear of commitment; yet they also can't (or won't) let go! *If you need to read more my "No Contact Rule" book is available in my online shop.***

**✓ This is perhaps the most important sign of all**

In fact, in some cases, the person of addiction NEEDS you as much as you need them, because your attention, your 'supply' of love fuels them. They need to know that you adore them and hold them in high acclaim. This is particularly true if the person has narcissistic tendencies.

But if you begin to implement the 'no contact' process, the love avoidant soon realises that they are not as important as they believed they were. They are not *the* most important thing

in your life. Ironically what they might feel is that you are **more** independent and separate from them.

And when this happens... when this 'supply' is cut off, the power loop switches and shifts to THEM feeling rejected and pushed away instead (unless of course, they are married, in another relationship or have chosen to be completely alone).

### **And at this point, something truly incredible happens**



You realise that you no longer have the same feelings as you did. You realise that you have been toyed with for far too long, and that it has caused the most debilitating emotional pain.

And this realisation, this reawakening, gives you the power and the strength to put more emotional and physical distance between the two of you.

# Co-dependency – The Heart of Love Addiction

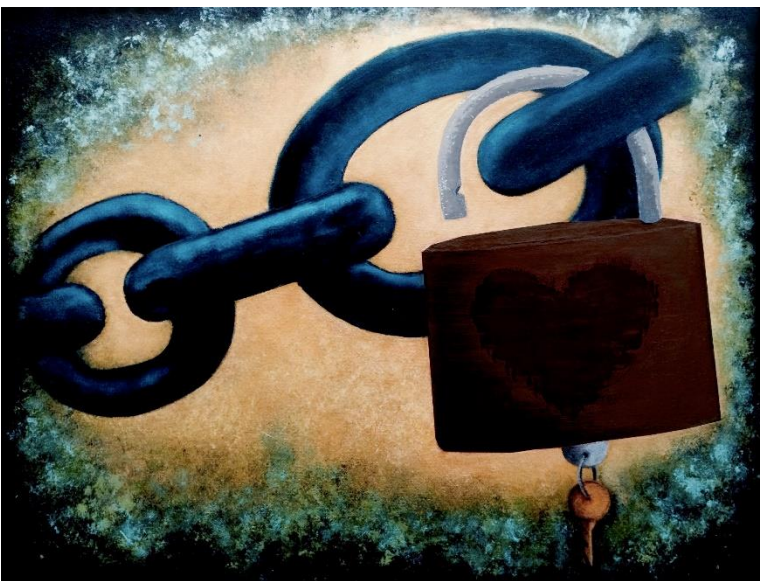
Co-dependency lies at the heart of love addiction.

The person of addiction becomes so central in our lives that we believe (wrongly) that we cannot survive without them. We've handed over all that we are. We've given our personal power away, leaving us adrift, clinging to a rock for safety and security.

**This is WHY it is so difficult to let go of the beloved: they have become the CENTRE of your world.**

Their scent, their voice, their body and their soul has become merged with yours, and this is why it's so hard to say "No more."

In order to find the courage and the strength to be able to do this, you need to gain as much knowledge as possible regarding co-dependency and love addiction, and either wean yourself away (see the "*Surviving the Love Addiction Cycle*" program) or sever the ties completely if that works better for you (see "*The No Contact Rule*") in order to avoid the possibility slipping back into the addiction and adoration that you project onto the beloved.



Whatever decision you make, the key to your freedom is **to hold yourself accountable**; to take responsibility for your actions by accepting readily that the person of addiction is not present with you and they are not good for you.

Remember, love has **nothing** to do with emotional pain and despair. Love shouldn't render you powerless. Love shouldn't destroy your sense of self, nor should it take your joy and spontaneity away from you.

When you are able to accept that you deserve more, then you will finally be in a position to adopt a healthier way of loving.



# 10 Tips to Help You Break Free

- ✓ **Do something you are passionate about.** Choose something that gives your life meaning and purpose. Remember, this has happened to you because you have projected all that you are, and all your passion, onto the person of addiction.
- ✓ **Try not to seek approval and validation from others.** Remember, YOU are your priority right now. Self-validation is the only thing that matters.
- ✓ **Don't abandon your 'self' in the relationship.** This way you can finally find autonomy and emotional self-reliance and love without losing yourself.
- ✓ **Be gentle with yourself, one day at a time.** Mindfully focus on self-care and self-generosity. You need to concentrate on becoming YOU once again, as this is the only way you will ever break the chains that are keeping you locked to the beloved. Remember we can lose ourselves in these kinds of relationships.
- ✓ **Activities and hobbies** like yoga, Pilates, walking, running, swimming, and general forms of exercise are crucial. Eating good healthy food that's nutritious for your body and soul is vital too, as are things like meditation, massage, homeopathy, alternative therapies, and of course, reading everything you can about your addictive love. My "*Surviving the Addictive Love Cycle*" heartbreak program will help you I'm certain of that
- ✓ **Remember that it's OK to be alone.** If you've been stuck in a destructive relationship cycle, it's BETTER to be alone for a while. And don't worry, you *will* survive the pain of romantic love withdrawal, but **do seek professional help** if the pain is enduring or unbearable.
- ✓ **Know that you CAN survive without the person of addiction.** Love withdrawal can feel as if a part of your body is missing, but you can survive it. **DO seek professional help with a registered therapist or GP if you are experiencing withdrawal symptoms or separation anxiety due to feelings of abandonment.**
- ✓ **Each day give yourself at least three things to do that will reflect your new-found independence.** Doing this will strengthen your ability to take care of yourself in a soothing way and will build emotional self-reliance.
- ✓ **Make choices that impact the way you live in a POSITIVE way.** Don't allow yourself to play the role of victim. Instead, make decisions that reflect your strength as a person so that you live wholeheartedly, free of emotional pain.



✔ **What if I think I can not do this and the thought of breaking up is unbearable?**



If you don't yet feel ready to work towards leaving the relationship it is completely understandable, so here is a process you can use to begin to prepare yourself:

Firstly, try to mentally 'step away' slightly from the relationship and observe it from afar. Put yourself outside the relationship as if you are observing what is happening through a camera lens.

Don't react, just observe. And don't absorb what's going on. I say this because if you absorb and **react**, when it comes to your communication and disputes, you will be immediately drawn back into a feeling of powerlessness and helplessness once again.

Instead, stand back, be calm and watch from afar.

- ✔ **Look at what is happening. Be mindful and ask yourself: "Is this relationship good for me? Is it healthy?" Just observe what you feel and notice.**
- ✔ **Enter into your journal what this experience felt like for you.**

When we are honest, and able to speak our truth without any expectation, something can truly shift.

“Just think of the trees: they let the birds perch and fly, with no intention to call them when they come and no longing for their return when they fly away. If people's hearts can be like the trees, they will not be off the way.” – **Langya Puerto Vallarta**

# Why It's Hard to Leave

**“I understand why love addicts are drawn towards emotionally unavailable partners. But why do they STAY? Why can't they recognise it and LEAVE?”**

Firstly, an addiction to romantic love is all about **unconsciously** choosing a love interest who will either be emotionally unavailable, shut down, emotionally withholding, distant, ‘there but not there’, and be unable to mutually reciprocate with the attention, validation, emotional connection and affection you yearn for.

More often than not, people like this would be called a **‘love avoidant’**.

**And for the reasons explained above, they are a perfect match for the love addict.**

The love addict is instinctively drawn towards a man or a woman who replicates the kind of relationship(s) they had when they were young – a person who is emotionally withholding, unavailable and unable to reciprocate the love and affection that they crave.



As a result, the love addict becomes the ‘pursuer’, while the love avoidant becomes the ‘pursued’.

And the more ‘needy’ the love addict gets, the more the love avoidant will withdraw, due to the pressure and weight of expectation placed upon them. This emotional and (often physical) distance reinforces the addict’s behaviour, as they become more and more fearful of being rejected and abandoned – and so ‘pursue’ the love avoidant further.

**A negative loop is created from which the love addict is unable to escape.**

And it’s completely understandable behaviour because, ultimately, people are drawn towards those **who feel most familiar to them, and comfortable**, which is why I hear so many people say: *“I feel like I’ve found my soul mate, it feels so right.”*

And this is exactly why it’s so difficult to say NO, regardless of how destructive it becomes.

## **Craving love as an Internal Retreat**

**After all, the drug that you NEED is someone who will be emotionally withholding, who will neglect the relationship and reject your longing for an on-going commitment, for emotional connection and happiness.**

You are completely convinced that you are in love because the relationship is (or was) fiery, volatile, unpredictable, passionate, exhilarating and extremely intense in every way.

You become obsessed with that euphoric feeling of being in love, regardless of all the emotional upheaval and exhausting efforts to make the relationship work.

You know in each fibre of your being that it's disabling you from participating properly in every aspect of your life. It becomes like a hidden secret that you share with yourself because if anyone really knew the depths you fall into, they'd urge you to leave right away.

But of course, you wouldn't want that; your survival line would be at stake, and the only way to keep your love withdrawal symptoms at bay would be gone.



**This is exactly why many people with this affliction of the heart become insular, helpless and depressed, and will often turn to alcohol or recreational drugs to soothe and 'escape'.** But of course, the worst thing any addict can do is swap one addiction for another.

As you may well know yourself, there is a constant and inevitable 'push and pull' dynamic that moves around and around in a repetitive and dysfunctional loop. You are unable to let go or stay away, even with irrefutable evidence that the relationship is over.

But the person of addiction always leaves a slight gap open, which if it could speak would say: *"If you change or become less needy or give me more space or accept that we only meet now and then, I will stay with you..."* In other words, there is a longing in the other to be more separate, alone – the very opposite of a merger/fused relationship whereby you seek togetherness, certainty and complete emotional connection.

It's as though a carrot is being constantly dangled before you, with all the promises of a 'happily ever after love story', except that what's on offer isn't actually what you want.

**And this is why YOU have to be the one that manifests the change.**

**YOU have to be the one to find the strength to let go – to say enough is enough and break free from this destructive 'love loop'.**

You need to see it for yourself, and you need to be ready to take action when you do.

And although breaking a long-standing attachment will always be difficult, you WILL survive the withdrawal symptoms, and you WILL feel so much stronger, so much more independent, and so much happier when you do. If you need help to do this, **find a registered therapist** in your hometown as many would find it difficult to do alone.

# Are you ready to start your healing journey?

If you are, take a look now at my *Surviving the Addictive Love Cycle Program* where you will discover how to bypass these painful emotions, emerge emotionally free of the debilitating sense of powerlessness, and move towards self-empowerment, peace and clarity, with a more vital connection to yourself.

And when you do, you'll be free to find a **healthier, richer, deeper mutual love**, free of abandonment and patterns of relating that would only sabotage your relationship.

The result of doing this program is emotional recovery and a renewed enthusiasm for life.

To begin the *Surviving the Addictive Love Cycle Program*, and discover the tools, strategies and insight to find a whole new concept of 'self', and emotional self-reliance go here: [www.lovingtoomuch.com](http://www.lovingtoomuch.com)

**Warm Wishes,**



Helen Mia Harris

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