CHARACTERISTICS OF MEN AND WOMEN WHO LOVE TOO MUCH

THE STEPS TO RECOVERY

1. GO FOR HELP.

2. MAKE YOUR OWN RECOVERY YOUR FIRST PRIORITY ! ! ! !

3. FIND A SUPPORT GROUP OF PEERS WHO UNDERSTAND.

4. DEVELOP YOUR OWN SPIRITUALITY THROUGH DAILY PRACTICE.

5. STOP MANAGING AND CONTROLLING OTHERS.

6. LEARN NOT TO GET HOOKED INTO GAMES.

7. COURAGEOUSLY FACE YOUR OWN SHORTCOMINGS.

8. CULTIVATE WHAT NEEDS TO BE DEVELOPED IN YOURSELF.

9. BECOME SELFISH ! ! ! !

10. SHARE WITH OTHERS WHAT YOU HAVE EXPERIENCED AND LEARNED.

Excerpted from WOMEN WHO LOVE TOO MUCH by Robin Norwood