

ADDICTION TO ANOTHER -- REALITIES

some excerpts from material supplied by Tice Elkins, L.C.S.W., Rosville, CA

1. **You can live without him/her.**
2. **Love is not enough.**
3. **Guilt is not reason enough to stay.**
4. **You don't have to love someone to be addicted to him or her.**
5. **Jealousy does not mean you love them. You can be jealous of somebody you can't stand. Jealousy usually means you are dependent and/or desperate for them to do something for you that you are not willing to do for yourself.**
6. **What you see is what you get. Stop hanging on to the belief that you will change someone. Motivation for change is inside them. You can't "make" them.**
7. **You can not always work it out. It takes two willing people to do that.**
8. **When someone says, "I don't want to be tied down," or "I'm not ready for a relationship," or "I'm not going to leave my spouse," etc., BELIEVE THEM !**
9. **Half a loaf is not better than none. Learn to thrive, not just survive.**
10. **She or he does not HAVE to love you (just because you want or hope it)**
11. **It doesn't have to get better. Hope is not enough, it may be an illusion.**
12. **The pain of ending the relationship won't last forever.**
13. **If this will be the same in 5 or 10 years, do you still want it ??**
14. **The intensity of your withdrawal symptoms does not indicate the strength of your love, but, instead, the strength of your addiction.**
15. **You are a whole, valuable person apart from that relationship.**
16. **"Ending" can also mean opening your life to new possibilities.**



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**