### LOVE (OPEN SYSTEM)
- Room to grow, expand; desire for the other to grow
- Separate interests; other friends; keep other meaningful relationships
- Encouragement of each other’s expanding; secure in own self worth
- Trust; openness
- Mutual integrity preserved
- Willingness to risk and be authentic
- Room for exploration of feelings in and out of relationship
- Ability to enjoy being alone and enjoy doing things alone

### ADDICTION (CLOSED SYSTEM)
- Dependent, based on security and comfort; use intensity of need and infatuation as proof of love (may really be fear, insecurity, loneliness)
- Total involvement; limited social life; neglect old friends, and interests, isolate from all except relationship
- Preoccupation with other’s behavior; dependent on other’s approval for own identity, self worth and self esteem
- Jealousy, possessiveness, fears of competition, “protects supply”
- One partner’s needs suspended for the other’s comfort
- Search for perfect invulnerability -- eliminates possible risks
- Reassurance through repeated and ritualized activities and behavior
- Intolerance for enduring separations even in conflict; hang-on even tighter. Undergo withdrawal, loss of appetite, restless, lethargic, disoriented agony

### BREAKUPS
- Accept break up without feeling a loss of own adequacy and self worth
- Wants best for partner, though apart; may become friends eventually
- Feel inadequate, worthless, often one-sided decision
- Violent ending - often hate the other; try to inflict pain; manipulation to get the other back.

### ONE-SIDED ADDICTION
- Denial, fantasy; over-estimation of others commitment. Seeks solutions outside of self - drugs, alcohol, new lover(s), change of job or situation