

CHARACTERISTICS OF MEN AND WOMEN WHO LOVE TOO MUCH

1. You come from a home where your own emotional needs weren't met. Alcohol, drugs, compulsive eating or working, constant arguing, refusal to talk, and/or extreme rigidity were the norm.
2. Having received little nurturing, you try to fill this unmet need vicariously by becoming a care giver (especially to people or projects that in some way appear needy).
3. Because your parent(s) could not be turned into warm caretakers, you respond deeply to emotionally unavailable people whom you try to change.
4. Terrified of abandonment, you will do anything to keep a relationship from dissolving.
5. Almost nothing is too much trouble, takes too much time or is too expensive if it will "help" the person or project you are involved with.
6. Accustomed to lack of love, you are willing to wait, hope and try harder to please.
7. You are willing to take far more than 50% of the blame, responsibility and guilt for what happens.
8. You do not believe deep down inside, that you deserve to be happy. You believe you must learn the right to enjoy life.
9. Having experienced little security in childhood, you have a desperate need to control people and things. You mask this by being "helpful" (offering unasked for advice, opinions, or criticism)
10. You are much more in touch with your dream of how things could be--than in touch with the reality of the situation.
11. You are addicted to emotional pain.
12. You may be predisposed emotionally and biochemically to becoming addicted to drugs, alcohol, and/or certain foods--(particularly sugary ones).
13. By being drawn to people with problems that need fixing, or by being emeshed in situations that are chaotic, uncertain, and emotionally painful, you avoid focusing on your responsibility to yourself.
14. You may have a tendency toward episodes of depression which you try to forestall through the excitement provided by external chaos.
15. If female, you are not attracted to men who are kind, stable, reliable, and interested in you. You find such nice men boring.

excerpted from **WOMEN WHO LOVE TOO MUCH** by Robin Norwood



**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.**