

# 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



**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.**