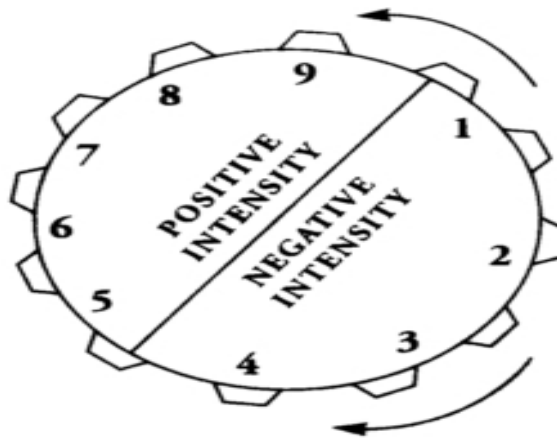
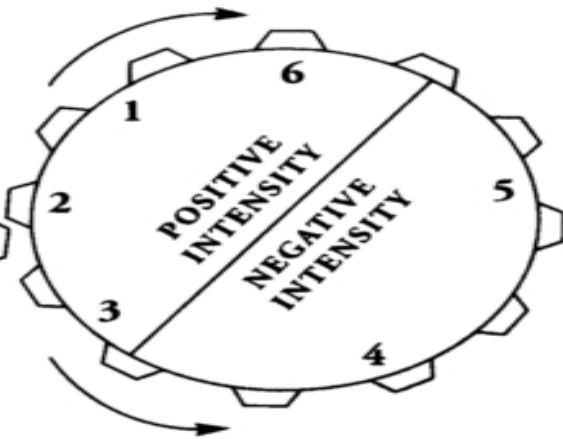


*The Emotional Cycle of  
the Love Addict*



*The Emotional Cycle of  
the Love Avoidant*



**THE LOVE ADDICT**

1. is *attracted* to the seductiveness and apparant "power" of the Love Avoidant.
2. feels *high* as the fantasy is triggered.
3. feels *relief* from pain of loneliness, emptiness, and not mattering to partner.
4. shows more neediness and *denies reality* of the Avoidant's walls.
5. develops awareness of partner's walls and behavior outside the relationship and *denial crumbles*.
6. enters *withdrawal*.
7. *obsesses* about how to get the Love Avoidant to return or how to get even.
8. *compulsively acts out* obsessive plans.
9. *repeats the cycle* with the Love Avoidant, if he or she returns, or with a new partner.

**THE LOVE AVOIDANT**

1. is unable to say no to the relationship.
2. connects to the Love Addict with *seduction*.
3. feels *engulfed* anyway, moves to a wall of anger or resentment and gets critical of partner.
4. uses resentment or sense of being a victim to move to a wall of distance.
5. seeks intensity outside the relationship in order to feel "alive" and have a life of his or her own.
6. *repeats the cycle* by returning to the relationship out of fear of being left or guilt, or by finding a new relationship.