

Love Addiction Worksheet

1. Identification of Patterns

- Describe past relationships where you felt addicted to the other person. What common traits or dynamics do these relationships share?

- How quickly did you find yourself feeling dependent on the relationship for your happiness?

2. Underlying Needs

- List any needs or desires you believe were being fulfilled by these relationships.

- Which of these needs are healthy, and which might indicate an imbalance?

3. Consequences of Love Addiction

- Reflect on the negative impacts that love addiction has had on your life (e.g., personal, social, professional).

4. Boundary Setting

- Think of ways you can establish healthy boundaries in relationships.

- Plan how to maintain your independence and sense of self while in a relationship.

5. Relationship Goals

- Outline what a healthy relationship looks like to you.

- How does it differ from past relationships that were influenced by love addiction?
